

Level 3

2.7km

| STROKE | NO. OF LENGTHS | DESCRIPTION |
|---|----------------|---|
| WARM UP | | |
| 1 x 600m freestyle 2 x free, 1 x alt , 1 x kick each 100m | 24 | Easy warm up pace. |
| MAIN SET | | |
| 500m freestyle | 20 | Start slow and get faster as you go |
| 100m backstroke | 4 | Easy |
| 400m freestyle | 16 | Start slow and get faster as you go |
| 100m breaststroke | 4 | Easy |
| 300m freestyle | 12 | Start slow and get faster as you go |
| 100m kick | 4 | Easy |
| 200m freestyle | 8 | Start slow and get faster as you go |
| 50m butterfly | 2 | Easy |
| 100m freestyle | 4 | Start slow and get faster as you go |
| WARM DOWN | | |
| 250m stroke(s) of your choice. | 10 | Easy pace - stretch out and try to really extend stroke |
| TOTAL | 108 | Sheer luxury! |

Level 2

2.4km

| STROKE | NO. OF LENGTHS | DESCRIPTION |
|---|----------------|---|
| WARM UP | | |
| 1 x 600m freestyle 2 x free, 1 x alt , 1 x kick each 100m | 24 | Easy warm up pace. |
| MAIN SET | | |
| 500m freestyle | 20 | Start slow and get faster as you go |
| 50m backstroke | 2 | Easy |
| 400m freestyle | 16 | Start slow and get faster as you go |
| 50m breaststroke | 2 | Easy |
| 300m freestyle | 12 | Start slow and get faster as you go |
| 50m kick | 2 | Easy |
| 200m freestyle | 8 | Start slow and get faster as you go |
| WARM DOWN | | |
| 250m stroke(s) of your choice. | 10 | Easy pace - stretch out and try to really extend stroke |
| TOTAL | 96 | Sheer luxury! |

Level 1

1.55km

| STROKE | NO. OF LENGTHS | DESCRIPTION |
|---|----------------|---|
| WARM UP | | |
| 1 x 400m freestyle 3 x free, 1 x kick each 100m | 16 | Easy warm up pace. |
| MAIN SET | | |
| 200m freestyle | 8 | Start slow and get faster as you go |
| 50m backstroke | 2 | Easy |
| 200m freestyle | 8 | Start slow and get faster as you go |
| 50m breaststroke | 2 | Easy |
| 200m freestyle | 8 | Start slow and get faster as you go |
| 50m kick | 2 | Easy |
| 200m freestyle | 8 | Start slow and get faster as you go |
| WARM DOWN | | |
| 200m stroke(s) of your choice. | 8 | Easy pace - stretch out and try to really extend stroke |
| TOTAL | 62 | Sheer luxury! |

Miles
2km

| STROKE | NO. OF LENGTHS | DESCRIPTION |
|---|----------------|---|
| WARM UP | | |
| 1 x 400m freestyle 2 x free, 1 x alt , 1 x kick each 100m | 16 | Easy warm up pace. |
| MAIN SET | | |
| 500m freestyle | 20 | Start slow and get faster as you go |
| 50m backstroke | 2 | Easy |
| 400m freestyle | 16 | Start slow and get faster as you go |
| 50m breaststroke | 2 | Easy |
| 300m freestyle | 12 | Start slow and get faster as you go |
| 50m kick | 2 | Easy |
| WARM DOWN | | |
| 250m stroke(s) of your choice. | 10 | Easy pace - stretch out and try to really extend stroke |
| TOTAL | 80 | Sheer luxury! |