

Level 2

2km

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
1 x 250m Any stroke you like	10	Easy warm up pace.
MAIN SET		
Freestyle Lengths - 6,5,4,3,2,1,1,2,3,4,5,6	42	5 seconds rest per length, i.e. 35 secs for 7 lengths, 30 secs for 6 lengths, etc. Try and keep up brisk medium pace.
300m lucky dip 50 kick, 50 back, 50 breast, twice through	12	Medium pace
200m freestyle 4 x 50m "surf life saving" combo	8	For each 50m, 12.5m underwater, 12.5m gentle swim, 25m head up swim
WARM DOWN		
200m stroke(s) of your choice.	8	Easy pace - stretch out and try to really extend stroke
TOTAL	80	Ruler of the pyramid

Level 3

2.4km

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
1 x 200m Any stroke you like	8	Easy warm up pace.
MAIN SET		
Freestyle Lengths - 7,6,5,4,3,2,1,1,2,3,4,5,6,7	56	5 seconds rest per length, i.e. 35 secs for 7 lengths, 30 secs for 6 lengths, etc. Try and keep up brisk medium pace.
400m lucky dip 50 kick, 50 back, 50 breast, 50 fly - twice through	16	Medium pace
200m freestyle 4 x 50m "surf life saving" combo	8	For each 50m, 12.5m underwater, 12.5m gentle swim, 25m head up swim
WARM DOWN		
200m stroke(s) of your choice.	8	Easy pace - stretch out and try to really extend stroke
TOTAL	96	Ruler of the pyramid

Level 1

1.55km

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
1 x 200m Any stroke you like	8	Easy warm up pace.
MAIN SET		
Freestyle Lengths - 6,5,4,3,2,1,1,2,3,4,5,6	42	5 seconds rest per length, i.e. 30 secs for 6 lengths, 25 secs for 5 lengths, etc.
200m lucky dip 50 kick, 50 back, 50 breast, 50 kick	8	
WARM DOWN		
100m stroke(s) of your choice.	4	Easy pace - stretch out and try to really extend stroke
TOTAL	62	Ruler of the pyramid