

Level 2A

2.4km

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
400m 3 x free, 1 x alt each 100m	16	Easy warm up pace.
MAIN SET		
1000m freestyle 1km time trial	40	Go at your own pace but try to keep more power in your stroke through the water rather than faster arms.
400m lucky dip 50 kick, 50 back, 50 breast, 50 fly - twice through	16	Easy.
4 x 100m freestyle	16	Count your strokes on the first length and then try and drop one stroke off each of the subsequent three lengths.
WARM DOWN		
200m stroke(s) of your choice.	8	Easy pace - stretch out and try to really extend stroke
TOTAL	96	Yes! Personal best for 1km!

Level 2B

2.3km

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
300m 3 x free, 1 x alt each 100m	12	Easy warm up pace.
MAIN SET		
1000m freestyle 1km time trial	40	Go at your own pace but try to keep more power in your stroke through the water rather than faster arms.
400m lucky dip 50 kick, 50 back, 50 breast, 50 fly - twice through	16	Easy.
4 x 100m freestyle	16	Count your strokes on the first length and then try and drop one stroke off each of the subsequent three lengths.
WARM DOWN		
200m stroke(s) of your choice.	8	Easy pace - stretch out and try to really extend stroke
TOTAL	92	Yes! Personal best for 1km!

Level 1

1.5km

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
200m 3 x free, 1 x alt each 100m	8	Easy warm up pace.
MAIN SET		
1000m freestyle 1km time trial	40	Go at your own pace but try to keep more power in your stroke through the water rather than faster arms.
200m lucky dip 50 kick, 50 back, 50 breast, 50 kick	8	Easy
WARM DOWN		
100m stroke(s) of your choice.	4	Easy pace - stretch out and try to really extend stroke
TOTAL	60	Yes! Personal best for 1km!