

# Level 2A

## 2km

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
<b>400m</b> 3 x free, 1 x alt each 100m	16	Easy warm up pace.
MAIN SET		
<b>200m freestyle</b>	8	Cruise pace
<b>100m freestyle</b>	4	Medium fast
<b>50m freestyle</b>	2	Fast as you can
<b>50m any stroke</b>	2	Nice and gentle
Repeat the above x 2 (not warm up)		
<b>200m freestyle</b> 50 kick, 50 pull, 50 kick, 50 pull	8	At your own pace
WARM DOWN		
<b>200m stroke(s) of your choice.</b>	8	Easy pace - stretch out
<b>TOTAL</b>	<b>80</b>	<b>Quick, slow, quick, quick, slow</b>

# Level 2B

## 2.4km

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
<b>400m</b> 3 x free, 1 x alt each 100m	16	Easy warm up pace.
MAIN SET		
<b>200m freestyle</b>	8	Cruise pace
<b>100m freestyle</b>	4	Medium fast
<b>50m freestyle</b>	2	Fast as you can
<b>50m any stroke</b>	2	Nice and gentle
Repeat the above x 2 (not warm up)		
<b>2 x 100m medley</b>	8	At your own pace
<b>400m freestyle</b>	16	At your own pace
50 kick, 50 pull x 4, no stopping		
WARM DOWN		
<b>200m stroke(s) of your choice.</b>	8	Easy pace - stretch out
<b>TOTAL</b>	<b>96</b>	<b>Quick, slow, quick, quick, slow</b>

# Level 1

## 1.7km

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
<b>400m</b> 3 x free, 1 x alt each 100m	16	Easy warm up pace.
MAIN SET		
<b>200m freestyle</b>	8	Cruise pace
<b>100m freestyle</b>	4	Medium fast
<b>50m freestyle</b>	2	Fast as you can
<b>50m any stroke</b>	2	Nice and gentle
Repeat the above (not warm up)		
<b>300m freestyle</b> 50 kick, 50 pull, x3	12	At your own pace
WARM DOWN		
<b>200m stroke(s) of your choice.</b>	8	Easy pace - stretch out
<b>TOTAL</b>	<b>68</b>	<b>Quick, slow, quick, quick, slow</b>