

Level 2

2.5km

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
600m (3 x 200s as below) 50m each kick, back, breast, free	24	Steady warm up
MAIN SET		
1000m freestyle pyramid 8, 6, 4, 2, 2, 4, 6, 8 lengths	40	5 secs rest for each length, e.g. 8 lengths = 40 secs, 2 lengths = 10 secs
100m Medley x 3 Fly, back, breast, free	12	
200m kick Slow up, fast back	8	
200m life saver special 4 x 50m	8	Underwater to halfway, then easy swim to the end, then head up swim return.
WARM DOWN		
200m anything	8	Easy
TOTAL	100	Centurions all!

Level 1

1.65km

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
450m (3 x 150m as below) 50m free, 50m back, 50m breast	18	Steady warm up
MAIN SET		
1000m freestyle pyramid 8, 6, 4, 2, 2, 4, 6, 8 lengths	40	10 secs rest for each length, e.g. 8 lengths = 80 secs, 2 lengths = 20 secs
WARM DOWN		
200m of anything but free	8	Easy
TOTAL	66	All the sixes - clickety click