

Level 2a

2.5km

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
400m 4 x (50m free, 25m alt, 25m kick)	16	Steady warm up
MAIN SET		
4 x 350m freestyle 3 x 100m medium and 1 x 50m fast, all on 2min each	56	
6 x 50m mixed grill 2 x 50 each of back, breast, kick	12	
8 x 25m mixed grill fly up, free back, fast on 45sec	8	
WARM DOWN		
200m anything	8	Easy
TOTAL	100	Yummy yum yum

Level 2b

2km

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
400m 4 x (50m free, 25m alt, 25m kick)	16	Steady warm up
MAIN SET		
2 x 350m freestyle 3 x 100m medium and 1 x 50m fast	28	
6 x 50m mixed grill 2 x 50 each of back, breast, kick	12	
200m free 3 x slow, 1 x fast per 100m	8	
8 x 25m mixed grill 1 x fly, 3 x free, fast	8	
WARM DOWN		
200m anything	8	Easy
TOTAL	80	Yummy yum yum

Level 1

1.5km

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
400m 4 x (50m free, 25m alt, 25m kick)	16	Steady warm up
MAIN SET		
300m free 3 x slow, 1 x fast every 100m	12	
50m back, 50m breast	4	
200m free 3 x slow, 1 x fast every 100m	8	
50m breast, 50m kick	4	
100m free 3 x slow, 1 x fast	4	
50m kick, 50m back	4	
WARM DOWN		
200m anything	8	Easy
TOTAL	60	Yummy yum yum