

Level 2
2.4km

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
500m 3 x free, 1 x alt every 100m	20	Steady warm up
MAIN SET		
300m mixed grill 100m back, 100m breast, 100m kick	12	No stopping. Keep going right thru the 600m. Make the slow, "slow"
600m free 4 x (50m slow, 50m med, 50m fast)	24	
300m mixed grill 100m back, 100m breast, 100m kick	12	
400m free 3 x slow, 1 x fast every 100m	16	
100m medley Fly, back, breast, free	4	
WARM DOWN		
200m anything	8	Easy
TOTAL	96	Freeeeeeeeeeeeeeeedom!

Level 2b
2km

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
400m 3 x free, 1 x alt every 100m	16	Steady warm up
MAIN SET		
300m mixed grill 100m back, 100m breast, 100m kick	12	No stopping. Keep going right thru the 450m. Make the slow, "slow"
450m free 3 x (50m slow, 50m med, 50m fast)	18	
150m mixed grill 50m back, 50m breast, 50m kick	6	
400m free 3 x slow, 1 x fast every 100m	16	
100m medley Fly, back, breast, free	4	
WARM DOWN		
200m anything	8	Easy
TOTAL	80	Freeeeeeeeeeeeeeeedom!

Level 1
1.65km

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
400m 3 x free, 1 x alt every 100m	16	Steady warm up
MAIN SET		
150m mixed grill 50m back, 50m breast, 50m kick	6	No stopping. Keep going right thru the 450m. Make the slow, "slow"
450m free 3 x (50m slow, 50m med, 50m fast)	18	
150m mixed grill 50m back, 50m breast, 50m kick	6	
300m free 2 x (50m slow, 50m med, 50m fast)	12	
WARM DOWN		
200m anything	8	Easy
TOTAL	66	Freeeeeeeeeeeeeeeeeedom!