

Level 2

2.4km

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
400m 3 x free, 1 x kick every 100m	16	Steady warm up
MAIN SET		
100m kick	4	Easy
400m free	16	Every fourth length fast
100m breast	4	Easy
400m free	16	Every fourth length fast
100m back	4	Easy
400m free	16	Every fourth length fast
100m kick	4	Easy
8 x 25m free	8	On 30 sec (40 sec for Claire/Colin)
WARM DOWN		
200m anything	8	Easy
TOTAL	96	I think I can, I think I can . . .

Level 2

2km

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
500m 3 x free, 1 x kick every 100m	20	Steady warm up
MAIN SET		
50m kick	2	Easy
300m free	12	Medium pace
50m breast	2	Easy
300m free	12	Medium pace
50m back	2	Easy
300m free	12	Medium pace
50m kick	2	Easy
8 x 25m free	8	Fast with 15 sec rest
WARM DOWN		
200m anything	8	Easy
TOTAL	80	I think I can, I think I can . . .

Level 1

1.6km

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
500m 3 x free, 1 x kick every 100m	20	Steady warm up
MAIN SET		
50m kick	2	Easy
200m free	8	Medium pace
50m breast	2	Easy
200m free	8	Medium pace
50m back	2	Easy
200m free	8	Medium pace
50m kick	2	Easy
4 x 25m free	4	Fast with 20 sec rest
WARM DOWN		
200m anything	8	Easy
TOTAL	64	I think I can, I think I can . . .