

Level 3

2.4km

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
400m (50m free, 25m alt, 25m kick) x 4	16	Steady warm up
MAIN SET		
4 x 350m freestyle 3 x 100m medium and 1 x 50m fast	56	All on 2 min each for Colin/Claire and 1.50 for Maz/Steph/Angela.
4 x 50m mixed grill 50 each of back, breast, pull, kick	8	
8 x 25m mixed grill fly up, free back, fast on 45sec	8	
WARM DOWN		
200m anything	8	Easy
TOTAL	96	A good time was had by all

Level 2

2km

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
400m (50m free, 25m alt, 25m kick) x4	16	Steady warm up
MAIN SET		
2 x 350m freestyle 3 x 100m medium and 1 x 50m fast	28	All on 2.15 min each.
6 x 50m mixed grill (50 each of back, breast, kick) x 2	12	
200m free 3 x slow, 1 x fast per 100m	8	
8 x 25m fly, free, free, free fly, free, free, free - go 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 (50m free, 25m alt, 25m kick) x 4	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