

# Level 3

## 2.5km

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
<b>500m</b> (50m free, 25m alt, 25m kick) x 5	20	Steady warm up
MAIN SET		
<b>4 x 350m freestyle</b> 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.
<b>4 x 50m mixed grill</b> 50 each of back, breast, pull, kick	8	
<b>8 x 25m mixed grill</b> fly up, free back, fast on 45sec	8	
WARM DOWN		
<b>200m anything</b>	8	Easy
<b>TOTAL</b>	<b>100</b>	<b>A good time was had by all</b>

# Level 2

## 2.2km

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
<b>500m</b> (50m free, 25m alt, 25m kick) x4	20	Steady warm up
MAIN SET		
<b>2 x 350m freestyle</b> 3 x 100m medium and 1 x 50m fast	28	All on 2.15 min each.
<b>6 x 50m mixed grill</b> (50 each of back, breast, kick) x 2	12	
<b>300m free</b> 3 x slow, 1 x fast per 100m	12	
<b>8 x 25m</b> fly, free, free, free fly, free, free, free - go fast	8	
WARM DOWN		
<b>200m anything</b>	8	Easy
<b>TOTAL</b>	<b>88</b>	<b>Yummy yum yum</b>

# Level 1

## 1.5km

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