

Level 3

2.85km

Use pace control and rest times to see how hard you can go and how well/quickly you can recover.

Rest for the best

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
1 x 650m Freestyle (1 x 50 / 1 x 100 / 1 x 200 / 1 x 300 - Rest 15 between)	26	Easy - stretch out for warm up.
MAIN SET		
8 x 100m Pull / Kick 15 secs rest between 100s, 100 pull - beathing 3/5/7/3 100 kick - easy 25/hard 25	32	Steady pace, manage breathing for pull lengths. 1 easy and then 1 hard for kick lengths.
10 x 100m Freestyle Rests = 30/20/10/5/10/20/30/20/10/5	40	Medium hard - Varied rest times. Descend each 100m and then back up. Rests = 30/20/10/5/10/20/30/20/10/5
2 x 100m IM Fly/Back/Breast/swim order	8	Medium hard - negative split - 2nd 100 faster than first.
WARM DOWN		
1 x 200m Any stroke	8	Easy - stretch out.
TOTAL	114	Stronger, longer!

Long for More - stay strong, go long

Level 2

1.5km

Goal for this programme is to manage pace - be able to swim longer at a pace you can maintain.

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
1 x 200m Freestyle	8	Easy - stretch out, slow build up.
MAIN SET		
4 x 25m Freestyle - 15 secs rest between 25s, then... 4 x 50m Freestyle - 15 secs rest between 50s, then... 4 x 75m Freestyle - 30 secs rest between 75s then... 4 x 100m Freestyle - 30 secs rest between 100s	40	Build pace with each of the distance sets - easy, med/easy, medium, hard. 30 secs rest between sets. Goal-Holding technique/stroke while increasing distance. Watch the clock and don't blow up!
2 x 100m Freestyle drill K/P/L&R/CU order, 15 secs rest	8	Medium - 1 length each of - kick, pull, Lefts & Rights, catch up.
WARM DOWN		
1 x 100m Freestyle	4	Easy - stretch out. Count strokes per length and try to lower count per length.
TOTAL	60	Stronger, longer!

Level 1

1km

Goal for this programme is to manage pace - be able to swim longer at a pace you can maintain.

Long for More - stay strong, go long

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
1 x 200m Freestyle	4	Easy - stretch out, slow build up.
MAIN SET		
4 x 25m Freestyle - 15 secs rest between 25s, then... 4 x 50m Freestyle - 15 secs rest between 50s, then... 4 x 75m Freestyle - 30 secs rest between 75s.	24	Build pace with each of the distance sets - easy, med/easy, medium, hard. 30 secs rest between sets. Goal-Holding technique/stroke while increasing distance. Watch the clock and don't blow up!
2 x 100m Freestyle drill K/P/L&R/CU order, 15 secs rest	12	Medium - 1 length each of - kick, pull, Lefts & Rights, catch up.
WARM DOWN		
1 x 100m Freestyle	4	Easy - stretch out. Count strokes per length and try to lower count per length.
TOTAL	40	Stronger, longer!