

## Level 3

## 2.8km

Watch the clock and try to manage pace - know by feel how fast you are going.

## Watch the clock #2

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
<b>1 x 400m Freestyle</b>	16	Steady, warm up
<b>1 x 100m Kick</b>	4	Easy - hard, alternate lengths.
<b>1 x 200m Pull</b>	8	Easy - ready for main set
MAIN SET		
<b>4 x 300m Freestyle</b> <b>(2 x 100 on 1.45, 2 x 50 on 55)</b> - 60 secs rest between 300s,	48	Watch the clock and try to land 100s and 50s on the same time over the 4 sets. 60 secs between 4 x 300 sets.
<b>4 x 150m Back/Breast/Free -</b> <b>(50 back, 50 breast, 50 free)</b> 15 secs rest between 150s,	24	Medium hard pace, concentrate on technique/stroke on each 50
WARM DOWN		
<b>1 x 200m Freestyle pull</b>	8	Steady - stretch out and try to really extend stroke.
<b>1 x 100m Butterfly training</b>	4	
<b>TOTAL</b>	<b>112</b>	<b>Fine effort!</b>

## Watch the clock # 2

Level 2

2.2km

Watch the clock and try to manage pace - know by feel how fast you are going.

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
<b>1 x 400m Freestyle</b>	16	Steady - warm up
<b>1 x 100m Kick</b>	4	Easy - hard, alternate lengths.
MAIN SET		
<b>4 x 300m Freestyle</b> - 60 secs rest between 300s, <b>(2 x 100 med, 2 x 50 hard)</b>	48	Watch the clock and try to land 100s and 50s on the same time over the 4 sets. 60 secs between 300 sets.
<b>4 x 75m Back/Breast/Free</b> - <b>(25 back, 25 breast, 25 free)</b> 15 secs rest between 75s,	12	Medium pace, concentrate on technique/stroke on each 25
WARM DOWN		
<b>1 x 200m Freestyle pull</b>	8	Easy pace - stretch out and try to really extend stroke. Count strokes per length.
<b>TOTAL</b>	<b>88</b>	<b>Fine effort!</b>

## Watch the clock # 2

# Level 1

## 1.4km

Watch the clock and try to manage pace - know by feel how fast you are going.

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
<b>1 x 300m Freestyle</b>	12	Slowly build to medium pace
<b>1 x 100m Kick</b>	4	Easy - hard, alternate lengths.
MAIN SET		
<b>4 x 150m Freestyle - (600m)</b> <b>(3 x 50 steady)</b> 30 secs rest between 50s,	24	Watch the clock and try to land 50s on the same time over the 4 sets. 1 min between 150 sets.
<b>1 x 200m Freestyle pull</b>	8	Easy pace - stretch out and try to really extend stroke.
WARM DOWN		
<b>1 x 200m Anything</b>	8	RELAAX!
<b>TOTAL</b>	<b>56</b>	<b>The hard work is done!</b>