

Level 2

2.35km

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
200m free	8	Steady warm up
100m back	4	
100m breast	4	
100m kick	4	
MAIN SET		
800m free	32	First half slow/medium, push yourself in second half.
6 x 50m 2 x (50 each of back, breast, kick)	12	
6 x 25m underwater	6	Go as far as you can underwater, then easy free to end. 20 sec rest.
1 x 200m free	8	Fast every fourth length
4 x 50m 50 each of back, breast, kick, pull	8	Medium
WARM DOWN		
1 x 200m anything you like	8	Easy
TOTAL	94	yippy zippy

Level 1

1.5km

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
200m free	8	Steady warm up
100m back	4	
100m breast	4	
100m kick	4	
MAIN SET		
500m free	20	Time it and see how fast you can go. Go as far as you can underwater, then easy free to end. 20 sec rest.
4 x 25m underwater	4	
4 x 50m	8	Medium
50 each of back, breast, kick, pull		
WARM DOWN		
1 x 200m anything you like	8	Easy
TOTAL	60	yippy zippy