

# Level 1

## 2.5km

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
<b>200m free</b>	8	Steady warm up
<b>100m back</b>	4	
<b>100m breast</b>	4	
<b>100m kick</b>	4	
MAIN SET		
<b>800m free</b>	32	First half slow/medium, push yourself in second half.
<b>8 x 50m</b> 2 x (50 each of back/breast/kick/pull)	16	Go as far as you can underwater, then easy free to end. 20 sec rest.
<b>8 x 25m underwater</b>	8	
<b>1 x 200m free</b>	8	
<b>8 x 25m</b> 2 x (25 each of back/breast/kick/pull)	8	
WARM DOWN		
<b>1 x 200m anything you like</b>	8	Easy
<b>TOTAL</b>	<b>100</b>	<b>time to surface</b>

# Level 1

## 2.0km

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
<b>200m free</b>	8	Steady warm up
<b>100m back</b>	4	
<b>100m breast</b>	4	
<b>100m kick</b>	4	
MAIN SET		
<b>400m free</b>	16	First half slow/medium, push yourself in second half.
<b>8 x 50m</b> 2 x (50 each of back/breast/kick/pull)	16	
<b>8 x 25m underwater</b>	8	Go as far as you can underwater, then easy free to end. 20 sec rest.
<b>1 x 200m free</b>	8	Fast every fourth length
<b>4 x 25m</b> (25 each of back/breast/kick/pull)	4	Medium
WARM DOWN		
<b>1 x 200m anything you like</b>	8	Easy
<b>TOTAL</b>	<b>80</b>	<b>time to surface</b>

# Level 1

## 1.6km

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.
8 x 25m underwater	8	
4 x 50m	8	Medium
50 each of back, breast, kick, pull		
WARM DOWN		
1 x 200m anything you like	8	Easy
<b>TOTAL</b>	<b>64</b>	<b>time to surface</b>