

Level 2

2.4km

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
1 x 400m 3 x free, 1 x kick each 100m	16	Easy warm up pace.
MAIN SET		
1 x 500m Free 25 slow/25 fast, 50 slow/50 fast, 75 slow/75 fast, 100 slow/100 fast - all in a row	20	No rest (For the wicked!)
4 x 150m - in following order: 25 fly, 25 back, 25 breast, 75 free	24	Medium, 30 sec rest
8 x 50m each - pull or fly, kick, breast, kick, back, kick, free, kick	16	Medium, 30 sec rest
4 x 50m Free	8	On 1m 15sec. (Quicker lane on 1 min).
8 x 25m any stroke	8	Medium, 10 sec rest
WARM DOWN		
100m stroke(s) of your choice.	4	Easy pace - stretch out and try to really extend stroke
TOTAL	96	That was yummy!

Level 1

1.5 km

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
1 x 300m Free 75 free, 25 kick each 100m	12	Easy warm up pace.
MAIN SET		
3 x 150m Free 25 slow, 25 fast, 50 slow, 50 fast	18	45 sec rest between 150s
200m 75 free, 25 alt stroke each 100m	8	Medium, 45 sec rest
6 x 50m 25 pull, 25 kick each 50m	8	Medium, 30 sec rest
4 x 25m Free	4	Fast, 20 sec rest
WARM DOWN		
200m stroke(s) of your choice.	8	Easy pace - stretch out and try to really extend stroke
TOTAL	60	That was yummy!