

# Level 2

## 2.4km

| STROKE  | NO. OF LENGTHS | DESCRIPTION   |
|---|----------------|---|
| WARM UP   |                |   |
| <b>500m</b><br>3 x easy, 1 x fast for each 100m                 | 20             | Steady warm up  |
| MAIN SET  |                |   |
| <b>400m freestyle timed</b>                                     | 16             | PBs!  |
| <b>6 x 50m mixed grill</b><br>2 x 50 each of back, breast, kick | 12             | Easy.   |
| <b>2 x 350m freestyle</b><br>3 x 100m medium and 1 x 50m fast   | 28             | Each one on 1m45s (Maz, Steph), 2min (Claire, Colin) or 20s rest for the 100s and 1 minute rest for 50m (Karen, Gera) |
| <b>100m kick</b>  | 4              | Easy.   |
| <b>8 x 25m mixed grill</b><br>Medley order                      | 8              | Give it a nudge. 15s rest after each one.   |
| WARM DOWN   |                |   |
| <b>200m anything</b>  | 8              | Easy  |
| <b>TOTAL</b>  | <b>96</b>      | <b>Pure luxury</b>  |

# Level 1

## 1.65km

| STROKE  | NO. OF LENGTHS | DESCRIPTION   |
|---|----------------|---|
| WARM UP   |                |   |
| <b>300m</b><br>3 x easy, 1 x fast for each 100m                 | 12             | Steady warm up  |
| MAIN SET  |                |   |
| <b>400m freestyle timed</b>                                     | 16             | PBs!  |
| <b>6 x 50m mixed grill</b><br>2 x 50 each of back, breast, kick | 12             | Easy.   |
| <b>350m freestyle</b><br>3 x 100m medium and 1 x 50m fast       | 14             | 30s rest after each 100m and 1 minute rest after the 50m. |
| <b>100m kick</b>  | 4              | Easy.   |
| WARM DOWN   |                |   |
| <b>200m anything</b>  | 8              | Easy  |
| <b>TOTAL</b>  | <b>66</b>      | <b>Pure luxury</b>  |

1.3km

| STROKE                | NO. OF LENGTHS | DESCRIPTION   |
|-----------------------|----------------|---|
| WARM UP               |                |   |
| 100m breastroke       | 4              | Steady warm up  |
| 100m kick only        | 4              | Fins and board  |
| 50m kick only         | 2              | No fins, board only   |
| MAIN SET              |                |   |
| 400m breastroke timed | 16             |   |
| 100m kick only        | 4              | Fins and board  |
| 200m swim drill       | 8              | Fins and board. Steady. Loose arms, roll hips, easy breathing.  |
| 50m swim              | 2              | No fins, no board. Putting it all together and giving it your best shot. Try and relax, not too slow. |
| 100m swim drill       | 4              | Fins and board. Steady. Loose arms, roll hips, easy breathing.  |
| 100m swim             | 4              | Fins but no board. Trying for 4 x whole lengths. Loose arms, roll hips, easy breathing.               |
| WARM DOWN             |                |   |
| 100m breastroke       | 4              | Easy  |
| <b>TOTAL</b>          | <b>52</b>      | <b>Pure luxury</b>  |