

Level 2

2.7km

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
1 x 400m	16	Steady warm up
MAIN SET		
4 x 200m (Free/pull x 2)	32	Medium - Rest 30
1 x 200m (4x kick/breast 50s)	8	Easy
4 x 100m Free	16	Medium Hard - Rest 20
1 x 200m pull	8	Easy
4 x 50m (Kick/back 50s)	8	Medium pace - Rest 15
1 x 100m pull	4	Easy
8 x 25m Free	8	Hard out! - Rest 10
WARM DOWN		
1 x 200m Pull / Kick	8	Easy - 2 lengths pull, 2 lengths kick order
TOTAL	108	I know you want more!

Level 1

1.6km

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
2 x 200m Free	16	Steady warm up, 30 secs between 200s
MAIN SET		
1 x 400m Free	16	Steady pace -
4 x 50m Free	8	Up tempo, Rest 20
4 x 25m Free	4	Hard as you can - Rest 15
1 x 200m (Breast/Pull/Kick/Free x 2)	8	All medium pace. No rest
4 x 25m Free	4	Hard as you can - Rest 15
WARM DOWN		
1 x 200m (free or stroke(s) of choice.)	8	Easy pace - stretch out and try to really extend stroke
TOTAL	64	I know you want more!