

Level 2

2.7km

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
200m Free	8	Steady warm up
100m Back	4	
100m Breast	4	
200 Free	8	
MAIN SET		
4 x 400m		Medium - Rest 30 between 400s
1) Free - every 4th Back	16	
2) Free - every 4th Breast	16	
3) Free - every 4th Kick	16	
4) Free - every 4th Drill	16	
6 x 50m Free/Pull alternate	12	Hard - rest 10 secs
WARM DOWN		
1 x 200m Your choice	8	Easy Chill, take your time, think about technique and doing 1km straight next week!
TOTAL	108	So ends today's service

Level 1

1.6km

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
100m Free	4	Steady warm up
50m Back	2	
50m Breast	2	
100 Free	4	
MAIN SET		
4 x 200m		Medium - Rest 1 min between 200s
1) Free - every 4th Back	8	
2) Free - every 4th Breast	8	
3) Free - every 4th Kick	8	
4) Free - every 4th Drill	8	
6 x 50m Free/Pull alternate	12	Hard - rest 20 secs
WARM DOWN		
1 x 200m Your choice	8	Easy Chill, take your time, think about technique and doing 1km straight next week!
TOTAL	64	So ends today's service