

Level 2

2.7km

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
200m Free	8	Steady warm up
100m Back	4	
100m Breast	4	
MAIN SET		
1 x 1000m Freestyle	40	Timed - Do your best!
1) Free - every 4th Back	16	Medium pace 30 secs between sets
2) Free - every 4th Breast	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 stretch out.
TOTAL	108	The great artist is the simplifier

Level 1

1.6km

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
100m Free	4	Steady warm up
50m Back	2	
50m Breast	2	
MAIN SET		
1 x 1000m Freestyle	40	Timed - do your best!
2 x 100m Pull/kick	8	30 secs rest between 100s
WARM DOWN		
1 x 200m Your choice	8	Easy Chill, take your time, think about technique and stretch out.
TOTAL	64	The great artist is the simplifier