

Level 3

2.4km

Watch the clock and try to manage pace - know by feel how fast you are going.

Break it up

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
2 x 200m Freestyle	16	Slowly build to medium pace
MAIN SET		
2 x 100m catch up	8	All done at a medium / hard pace.
2 x 100m kick	8	
2 x 100m pull	8	
2 x 100m Freestyle	8	
2 x 100m drills	8	
4 x 100m Freestyle FAST - 15 secs rest between 100s,	16	These last 4 x 100s done hard!
WARM DOWN		
2 x 100m any stroke	8	Easy pace - stretch out and try to really extend stroke.
4 x 50m kick	8	
1 x 200m free	8	
TOTAL	96	Fine effort!

Level 2

2km

Break it up

Break it up

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
2 x 100m Freestyle	8	Slowly build to medium pace
MAIN SET		
2 x 100m catch up	8	All done at a medium / hard pace.
2 x 100m kick	8	
2 x 100m pull	8	
2 x 100m Freestyle	8	
2 x 100m drills	8	
4 x 100m Freestyle FAST - 15 secs rest between 100s,	16	These last 4 x 100s done hard!
WARM DOWN		
2 x 50m any stroke	4	Easy pace - stretch out and try to really extend stroke.
2 x 50m kick	4	
2 x 100m free	8	
TOTAL	80	Fine effort!

Level 1

1.2km

Break it up.

Break it up

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
2 x 100m Freestyle	8	Stretch out and warm up
MAIN SET		
2 x 50m catch up	4	All done at a medium / hard pace.
2 x 50m kick	4	
2 x 50m pull	4	
2 x 50m Freestyle	4	
2 x 50m drills	4	
4 x 50m Freestyle FAST - 20 secs rest between 50s,	8	These last 4 x 50s done hard!
WARM DOWN		
2 x 50m any stroke	4	Easy pace - stretch out and try to really extend stroke.
2 x 50m kick	4	
2 x 50m free	4	
TOTAL	48	Fine effort!