

Level 2

2.4km

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
1 x 500m	20	Steady warm up
MAIN SET		
2 x 200m Free	16	Medium - Rest 30
200m = 100 kick 100 breast	8	Easy
4 x 100m Free	16	Medium Hard - Rest 20
1 x 200m pull	8	Easy
4 x 50m Kick/backstroke	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	96	Yummy, yummy, yummy!

Level 1

1.6km

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
400m Free	16	Steady warm up
MAIN SET		
4 x 50m Free 200m (50 each of breast/pull/kick/free)	8 8	Medium, Rest 20 Medium
8 x 25m Free 200m (50 each of breast/pull/kick/free)	8 8	All medium hard pace. Rest 20
200m Free 3 easy, 1 fast each 100m	8	
WARM DOWN		
200m (free or stroke of choice.)	8	Easy pace - stretch out and try to really extend stroke
TOTAL	64	Yummy, yummy, yummy!