

Level 2

2.5km

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
200m free	8	Steady warm up
100m back	4	
100m breast	4	
100m kick	4	
MAIN SET		
1000m free - pyramid lengths 8/6/4/2/2/4/6/8	40	Medium fast, rest 5 secs per length- e.g. 8 = 40 secs, 6 = 30 secs, etc
6 x 50m 2 x (50 each of back, breast, kick)	12	
4 x 25m underwater	4	Go as far as you can underwater, then easy free to end. 20 sec rest.
1 x 200m free	8	Fast every fourth length
4 x 50m 50 each of back, breast, kick, pull	8	Medium - no rests.
WARM DOWN		
1 x 200m - Drills	8	Easy
TOTAL	100	It's a left wing conspiracy!

Level 1

1.7km

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
200m free	8	Steady warm up
100m back	4	
100m breast	4	
100m kick	4	
MAIN SET		
700m free - pyramid lengths 5/4/3/2/2/3/4/5	28	Medium fast, rest 10 secs per length- e.g. 5 = 50 secs, 4 = 40 secs, etc
4 x 25m underwater	4	Go as far as you can underwater, then easy free to end. 20 sec rest.
4 x 50m 50 each of back, breast, kick, pull	8	Medium - no rests
WARM DOWN		
1 x 200m anything you like	8	Easy
TOTAL	68	It's a left wing conspiracy!

Level 2b

2km

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
200m free	8	Steady warm up
100m back	4	
100m breast	4	
100m kick	4	
MAIN SET		
1000m free - pyramid lengths 8/6/4/2/2/4/6/8	40	Medium fast, rest 5 secs per length- e.g. 8 = 40 secs, 6 = 30 secs, etc
3 x 50m 50 each of back, breast, kick	6	Medium - no rests.
4 x 25m underwater	4	Go as far as you can underwater, then easy free to end. 20 sec rest.
3 x 50m 50 each of back, breast, kick	6	Medium - no rests.
WARM DOWN		
100m your choice	4	Easy
TOTAL	80	It's a left wing conspiracy!