

Level 3

2.4km

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
1 x 400m 3 x free, 1 x kick each 100m	16	Easy warm up pace.
MAIN SET		
1 x 500m Free 25 slow/25 fast, 50 slow/50 fast, 75 slow/75 fast, 100 slow/100 fast - all in a row, no stopping	20	Medium, 30 sec rest
4 x 150m butterfly, back, breast, 3 x free	24	Medium, 30 sec rest
6 x 50m each - pull or butterfly, kick, breast, kick, back, kick	12	On 1m 15sec. Go fast.
4 x 50m Free	8	Medium, 10 sec rest
8 x 25m any stroke	8	
WARM DOWN		
200m stroke(s) of your choice.	8	Easy pace - stretch out and try to really extend stroke
TOTAL	96	That was yummy!

Level 2

2km

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
1 x 400m 3 x free, 1 x kick each 100m	16	Easy warm up pace.
MAIN SET		
1 x 500m Free 25 slow/25 fast, 50 slow/50 fast, 75 slow/75 fast, 100 slow/100 fast - all in a row, no stopping	20	Medium, 30 sec rest
2 x 150m butterfly, back, breast, 3 x free	12	Medium, 30 sec rest
6 x 50m each - pull or butterfly, kick, breast, kick, back, kick	12	On 1m 15sec. Go fast.
4 x 50m Free	8	Medium, 10 sec rest
4 x 25m any stroke	4	
WARM DOWN		
200m stroke(s) of your choice.	8	Easy pace - stretch out and try to really extend stroke
TOTAL	80	That was yummy!

Level 1

1.7km

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
1 x 400m Free 3 x free, 1 x kick each 100m	16	Easy warm up pace.
MAIN SET		
4 x 150m Free 25 slow, 25 fast, 50 slow, 50 fast	24	45 sec rest
200m Free 3 x free, 1 x alt each 100m	8	Medium, 45 sec rest
4 x 50m each - pull, kick, pull, kick	8	Medium Fast, 20 sec rest
4 x 25m Free	4	
WARM DOWN		
200m stroke(s) of your choice.	8	Easy pace - stretch out and try to really extend stroke
TOTAL	68	That was yummy!