

Level 3

2.5km

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
800m 50m swim, kick, pull, back - x 4	32	Steady warm up
200m Backstroke	8	
MAIN SET		
6 x 50m Fly to Free - 15 secs rest	12	As much Fly as you can manage!
100m Breast easy	4	Easy
4 x 200m Mixed 1) Back - every 4th length 2) Drill - every 4th length 3) Kick - every 4th length 4) Pull x 200m	32	Different stroke every 4th length for first 3, last one pull. 15 seconds between 200s
4 x 50m free kick on 1.30	8	Hard out!
WARM DOWN		
1 x 100m anything you like	4	Easy
TOTAL	100	Different strokes for different folks!

Level 2

2.0km

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
600m 50m swim, kick, pull, back - x 3	24	Steady warm up
200m Backstroke	8	
MAIN SET		
100m Breast easy	4	Easy
4 x 200m Mixed 1) Back - every 4th length 2) Drill - every 4th length 3) Kick - every 4th length 4) Pull x 200m	32	Different stroke every 4th length for first 3, last one pull. 30 seconds between 200s
4 x 50m free kick on 1.30	8	Hard out!
WARM DOWN		
1 x 100m anything you like	4	Easy
TOTAL	88	Different strokes for different folks!

Level 1

1.7km

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
400m mix - warm up 50m breast, back, kick, pull -(x 2)	16	Steady warm up
MAIN SET		
500m free mix 100 = 3 free, 1 kick -(x 5)	20	Medium hard freestyle and then easy length kick
200m mix 50m back, breast, pull, free	8	Steady, technique focus
200m free mix 100 = 3 free, 1 kick -(x 2)	8	Medium hard freestyle and then easy length kick.
4 x 50m free kick	8	Hard down, easy back 50s
WARM DOWN		
1 x 200m anything you like	8	Easy
TOTAL	68	Let the white sheet be your guide