

Level 3

2.5km

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
1000m freestyle 20 x 50m	40	On 55s for fast lanes. Last 5 on 50s. On 1m10s for medium lanes. Last 5 on 1m.
MAIN SET		
200m breast/back	8	Easy
400m mixed grill fly/3x free/back/3 x free/ breast/3x free/kick/3x free	16	Medium
100m kick	4	Easy
400m free	12	Every fourth length fast
4 x 50 surf lifesaving	8	Underwater to half-way, easy swim to end, head up swim 25m
WARM DOWN		
200m anything you like	8	Easy
TOTAL	100	Different strokes for different folks!

Level 2

2km

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
1000m freestyle 20 x 50m	40	On 55s for fast lanes. Last 5 on 50s. On 1m10s for medium lanes. Last 5 on 1m.
MAIN SET		
200m breast/back	8	Easy
300m mixed grill back/3 x free/breast/3x free/ kick/3x free	12	Medium
100m kick	4	Easy
4 x 50 surf lifesaving	8	Underwater to half-way, easy swim to end, head up swim 25m
WARM DOWN		
200m anything you like	8	Easy
TOTAL	80	Different strokes for different folks!

Level 1

1.6km

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
500m freestyle 10 x 50m	20	15s rest after each one. Try and do the last three faster.
MAIN SET		
200m breast/back	8	Easy
300m mixed grill back/3 x free/breast/3x free/ kick/3x free	12	Medium
100m kick	4	Easy
300m free	12	Every fourth length fast
WARM DOWN		
200m anything you like	8	Easy
TOTAL	64	Different strokes for different folks!