

Level 3

2.4km

| STROKE | NO. OF LENGTHS | DESCRIPTION |
|--|----------------|---|
| WARM UP | | |
| 500m 3 x free, 1 x fists each 100m | 20 | Easy warm up pace. |
| MAIN SET | | |
| 200m Free] Repeat x 3 | 24 | Medium. On 4 mins. |
| 50m Free] | 6 | Fast. On 1min 30sec. |
| 100m kick | 4 | |
| 4 x 100m Free | 16 | On 1m45s or 2m |
| 100m IM | 4 | Easy |
| 10 x 25m Free | 10 | On 30s or 40s. |
| 100m kick | 4 | |
| WARM DOWN | | |
| 200m stroke(s) of your choice. | 8 | Easy pace - stretch out and try to really extend stroke |
| TOTAL | 96 | When do we start the main set? |

Level 2

2km

| STROKE | NO. OF LENGTHS | DESCRIPTION |
|--|----------------|---|
| WARM UP | | |
| 400m 3 x free, 1 x fists each 100m | 16 | Easy warm up pace. |
| MAIN SET | | |
| 200m Free] Repeat x 3 | 24 | Medium. 45s rest. |
| 50m Free] | 6 | Fast. 30s rest. |
| 100m kick | 4 | |
| 3 x 100m Free | 12 | Medium. 30s rest. |
| 100m IM | 4 | Easy |
| 6 x 25m Free | 6 | On 45s. |
| WARM DOWN | | |
| 200m stroke(s) of your choice. | 8 | Easy pace - stretch out and try to really extend stroke |
| TOTAL | 80 | When do we start the main set? |

Level 1

1.6km

| STROKE | NO. OF LENGTHS | DESCRIPTION |
|---|----------------|---|
| WARM UP | | |
| 500m 3 x free, 1 x alt each 100m | 20 | Easy warm up pace. |
| MAIN SET | | |
| 200m Free | 8 | Medium. 45 sec rest |
| 50m Free | 2 | Fast. 45 sec rest |
| 200m Free | 8 | Medium. 45 sec rest |
| 50m Free | 2 | Fast. 45 sec rest |
| 200m Mixed grill 50m each of pull, back, breast, free | 8 | Medium, 45 sec rest Medium. 45 sec rest |
| 4 x 50m Kick, pull, kick, pull | 8 | Medium. 20 sec rest |
| WARM DOWN | | |
| 200m stroke(s) of your choice. | 8 | Easy pace - stretch out and try to really extend stroke |
| TOTAL | 64 | When do we start the main set? |