

Level 3

2.5km

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
10 x 100m Free On 1m45s, 2m or 2m15s	40	Choose time that suits you. Start easy but pick up speed of 100s as you progress.
MAIN SET		
4 x 75m 75 back, 75 breast, 75 pull, 75 kick	12	15 sec rest between each one.
10 x 50m Free On 50s, 1m or 1m10s	20	Choose time that suits you. Aim for medium fast.
4 x 75m 75 back, 75 breast, 75 pull, 75 kick	12	15 sec rest between each one.
8 x 25m Free On 30s, 35s or 40s	8	Choose time that suits you. Fast.
WARM DOWN		
200m stroke(s) of your choice.	8	Easy pace - stretch out and try to really extend stroke
TOTAL	100	Safer than worm farming

Level 2

2km

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
10 x 100m Free On 2m15s or 2m30s	40	Choose time that suits you. Start easy but pick up speed of 100s as you progress.
MAIN SET		
4 x 50m 50 back, 50 breast, 50 pull, 50 kick	8	15 sec rest between each one.
6 x 50m Free On 1m10s or 1m20s	12	Choose time that suits you. Aim for medium fast.
4 x 50m 50 back, 50 breast, 50 pull, 50 kick	8	15 sec rest between each one.
6 x 25m Free On 40s or 50s	6	Choose time that suits you. Fast.
WARM DOWN		
150m stroke(s) of your choice.	6	Easy pace - stretch out and try to really extend stroke
TOTAL	80	Safer than worm farming

Level 1

1.6km

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
6 x 100m Free	24	Start easy but pick up speed of 100s as you progress. 20s rest after each one.
MAIN SET		
4 x 50m 50 back, 50 breast, 50 pull, 50 kick	8	15 sec rest between each one.
6 x 50m Free	12	Aim for medium fast. 15 sec rest between each one.
4 x 50m 50 back, 50 breast, 50 pull, 50 kick	8	15 sec rest between each one.
4 x 25m Free	4	Fast. 15 sec rest between each one.
WARM DOWN		
200m stroke(s) of your choice.	8	Easy pace - stretch out and try to really extend stroke
TOTAL	64	Safer than worm farming