

# Level 3

## 2.8km

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
<b>16 x 50m</b>	32	4 x 50 Free - rest 10 4 x 50 IM order - rest 10 4 x 50 Kick - rest 10 4 x 50 Pull - rest 10
MAIN SET		
<b>1 x 400m Free</b>	16	Rest 60
<b>2 x 100m Free</b>	8	On 1.40
<b>1 x 400m pull</b>	16	Rest 60
<b>4 x 50m Free</b>	8	On 50
<b>1 x 400m Swim/Kick</b>	16	Steady - 75 Free, 25 Kick x 4
<b>8 x 25m Free FAST</b>	8	On 30
WARM DOWN		
<b>1 x 200m free</b>	8	Easy pace - stretch out and try to really extend stroke
<b>TOTAL</b>	<b>112</b>	<b>Oh yes! 3k next week.</b>

# Level 2

## 2km

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
<b>8 x 50m</b>	16	2 x 50 Free - rest 15 2 x 50 other strokes - rest 15 2 x 50 Kick - rest 15 2 x 50 Pull - rest 15
MAIN SET		
<b>1 x 300m Free</b>	12	Rest 60
<b>2 x 100m Free</b>	8	On 2.00
<b>1 x 300m pull</b>	12	Rest 60
<b>4 x 50m Free</b>	8	On 1.00
<b>1 x 300m Swim/Kick</b>	12	Steady - 75 Free, 25 Kick x 3
<b>8 x 25m Free FAST</b>	8	On 45
WARM DOWN		
<b>1 x 100m free</b>	4	Easy pace - stretch out and try to really extend stroke
<b>TOTAL</b>	<b>80</b>	<b>Excellento!</b>

# Level 1

## 1.2km

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
<b>4 x 50m</b>	8	1 x 50 Free - rest 15 1 x 50 other stroke - rest 15 1 x 50 Kick - rest 15 1 x 50 Pull - rest 15
MAIN SET		
<b>1 x 200m Free</b>	8	Rest 60
<b>2 x 50m Free</b>	4	Medium pace - Rest 15
<b>1 x 200m pull</b>	8	Rest 60
<b>2 x 50m Free</b>	4	Fast! Rest 15
<b>1 x 200m Swim/Kick</b>	8	Steady - 75 Free, 25 Kick x 2
<b>4 x 25m Free FAST</b>	4	Rest 15
WARM DOWN		
<b>1 x 100m free</b>	4	Easy pace - stretch out and try to really extend stroke
<b>TOTAL</b>	<b>48</b>	<b>Excellento!</b>