

Level 3

2.8km

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
1 x 800m	32	Steady warm up
MAIN SET		
2 x 200m Free	16	Medium - Rest 30
1 x 100m pull / other stroke	4	Easy
4 x 100m Free	16	Medium Hard - Rest 20
1 x 100m pull / other stroke	4	Easy
8 x 50m Free	16	Hard - Rest 15
1 x 100m pull / other stroke	4	Easy
8 x 25m Free	8	Sprint - Rest 10
WARM DOWN		
1 x 300m Pull / Kick	12	Easy - 50m pull, 50m kick order
TOTAL	112	3 km next week?

Level 2

2km

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
1 x 400m	16	Steady warm up
MAIN SET		
2 x 200m Free	16	Medium - Rest 30
1 x 100m pull / other stroke	4	Easy
4 x 100m Free	16	Medium Hard - Rest 20
1 x 100m pull / other stroke	4	Easy
4 x 50m Free	8	Hard - Rest 15
8 x 25m Free	8	Hard - Rest 10
WARM DOWN		
1 x 200m Pull / Kick	8	Easy - 1 length pull, 1 length kick order
TOTAL	80	Brillianto!

Level 1

1.4km

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
1 x 300m Free	12	Steady warm up
MAIN SET		
2 x 200m Free	16	Steady pace - Rest 60
4 x 50m Drills	8	Rest 30
4 x 100m Free	16	Medium Hard - Rest 60
WARM DOWN		
1 x 100m free	4	Easy pace - stretch out and try to really extend stroke
TOTAL	56	Brillianto!