

Level 3

2.8km

Watch the clock and try to manage pace - know by feel how fast you are going.

Watch the clock #2

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
1 x 400m Freestyle	16	Steady, warm up
1 x 100m Kick	4	Easy - hard, alternate lengths.
1 x 200m Pull	8	Easy - ready for main set
MAIN SET		
4 x 300m Freestyle (2 x 100 on 1.45, 2 x 50 on 55) - 60 secs rest between 300s,	48	Watch the clock and try to land 100s and 50s on the same time over the 4 sets. 60 secs between 4 x 300 sets.
4 x 150m Back/Breast/Free - (50 back, 50 breast, 50 free) 15 secs rest between 150s,	24	Medium hard pace, concentrate on technique/stroke on each 50
WARM DOWN		
1 x 200m Freestyle pull	8	Steady - stretch out and try to really extend stroke.
1 x 100m Butterfly training	4	
TOTAL	112	Fine effort!

Watch the clock # 2

Level 2

2.2km

Watch the clock and try to manage pace - know by feel how fast you are going.

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
1 x 400m Freestyle	16	Steady - warm up
1 x 100m Kick	4	Easy - hard, alternate lengths.
MAIN SET		
4 x 300m Freestyle - 60 secs rest between 300s, (2 x 100 med, 2 x 50 hard)	48	Watch the clock and try to land 100s and 50s on the same time over the 4 sets. 60 secs between 300 sets.
4 x 75m Back/Breast/Free - (25 back, 25 breast, 25 free) 15 secs rest between 75s,	12	Medium pace, concentrate on technique/stroke on each 25
WARM DOWN		
1 x 200m Freestyle pull	8	Easy pace - stretch out and try to really extend stroke. Count strokes per length.
TOTAL	88	Fine effort!

Watch the clock # 2

Level 1

1.4km

Watch the clock and try to manage pace - know by feel how fast you are going.

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
1 x 300m Freestyle	12	Slowly build to medium pace
1 x 100m Kick	4	Easy - hard, alternate lengths.
MAIN SET		
4 x 150m Freestyle - (600m) (3 x 50 steady) 30 secs rest between 50s,	24	Watch the clock and try to land 50s on the same time over the 4 sets. 1 min between 150 sets.
1 x 200m Freestyle pull	8	Easy pace - stretch out and try to really extend stroke.
WARM DOWN		
1 x 200m Anything	8	RELAAX!
TOTAL	56	The hard work is done!