

Level 3

2.85km

Use pace control and rest times to see how hard you can go and how well/quickly you can recover.

Rest for the best

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
1 x 650m Freestyle (1 x 50/1 x 100/1 x 200/1 x 300) 2/4/8/12- Rest 15 between	26	Easy - stretch out for warm up.
MAIN SET		
8 x 100m Pull / Kick 15 secs rest between 100s, 100 pull - beathing 3/5/7/3 100 kick - easy 25/hard 25	32	Steady pace, manage breathing for pull lengths. 1 easy and then 1 hard for kick lengths.
10 x 100m Freestyle Rests = 30/20/10/5/10/20/30/20/10	40	Medium hard - Varied rest times. Descend each 100m and then back up. Rests = 30/20/10/5/10/20/30/20/10
2 x 100m IM Fly/Back/Breast/swim order	8	Medium hard - negative split - 2nd 100 faster than first.
WARM DOWN		
1 x 200m Any stroke	8	Easy - stretch out.
TOTAL	114	You're the best!

Level 2

2.3km

Use pace control and rest times to see how hard you can go and how well/quickly you can recover.

Rest for the best

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
1 x 500m Freestyle (1 x 50/1 x 100/1 x 150/1 x 200) 2/4/6/8 - Rest 15 between	20	Easy - stretch out for warm up.
MAIN SET		
4 x 100m Pull / Kick 15 secs rest between 100s, 100 pull - beathing 3/5/7/3 100 kick - easy 25/hard 25	16	Steady pace, manage breathing for pull lengths. 1 easy and then 1 hard for kick lengths.
10 x 100m Free/Breast/Back Rest - 20 secs	40	Medium hard -Free/Breast/Back order. Rest of 20 secs between 100s
2 x 100m IM Fly/Back/Breast/swim order	8	Medium hard - negative split - 2nd 100 faster than first.
WARM DOWN		
1 x 200m Any stroke	8	Easy - stretch out.
TOTAL	92	You're the best!

Level 1

1.4km

Use pace control and rest times to see how hard you can go and how well/quickly you can recover.

Rest for the best

STROKE	NO. OF LENGTHS	DESCRIPTION
WARM UP		
1 x 300m Freestyle (1 x 50/1 x 100/1 x 150) Rest 15 between	12	Easy - stretch out for warm up.
MAIN SET		
4 x 100m Pull / Kick 30 secs rest between 100s, Repeat x 2 100 pull - beathing 3/5/7/3 100 kick - easy 25/hard 25	16	Steady pace, manage breathing for pull lengths. 1 easy and then 1 hard for kick lengths.
5 x 100m Freestyle Rests = 40/30/20/10	20	Medium hard - Varied rest times. Descend rest each 100m. Rests = 40/30/20/10
WARM DOWN		
1 x 200m Any stroke	8	Easy - stretch out.
TOTAL	56	You're the best!