



Programme 1 – Mostly Freestyle 1.5- 2.5km
 Please feel free to modify (times and levels are just suggestions)

Levels	Level 1 (wear fins whenever you like) Rest whenever you like	Level 2 (fins optional)	Level 3 (fins optional)
Warm Up	100m Freestyle 75m Freestyle, 25m not Freestyle 50m Freestyle, 50m not Freestyle 25m Freestyle, 75m not Freestyle 100m Not Freestyle	100m Freestyle 75m Freestyle, 25m not Freestyle 50m Freestyle, 50m not Freestyle 25m Freestyle, 75m not Freestyle 100m Not Freestyle	Complete 2 sets of the following: 100m Freestyle 75m Freestyle, 25m not Freestyle 50m Freestyle, 50m not Freestyle 25m Freestyle, 75m not Freestyle 100m Not Freestyle
Main Set	4 x 25m Freestyle fast on 1 minute 100m easy choice 4 x 25m Not Freestyle on 1 minute 100m easy choice	20 – 30 sec rest after each swim: 25m Freestyle sprint 25m Freestyle easy 50m Freestyle sprint 50m Freestyle easy 100m Freestyle sprint 100m Freestyle easy	20 – 30 sec rest after each swim Complete 2 sets of the following: 25m Freestyle sprint 25m Freestyle easy 50m Freestyle sprint 50m Freestyle easy 100m Freestyle sprint 100m Freestyle easy
Cool down	2 x 100m easy Freestyle 2 x 100m easy Freestyle with Pull Buoy 2 x 100m Freestyle kick with board	100m easy Freestyle 100m Freestyle with pull buoy 100m easy Freestyle kick with board	100m Freestyle easy 100m Freestyle with pull buoy 100m Freestyle kick