



Programme 3 – Mixed medley programme – 1.5 – 2.5km (mixed levels)

Please adjust programmes to suit. Rest times are just a guide or suggestion. “IM” abbreviation for Individual Medley (Fly, Back, Breast, Free). If using fins for Breaststroke, please use a dolphin kick (butterfly kick). Fins optional throughout.

Levels	Level 1 (fins optional)	Level 2	Level 3
Warm Up	200m Freestyle 100m Free Pull 2 x 50m Breast or Back	300m Freestyle 200m Freestyle Pull 100m Breast/Backstroke 100m Freestyle kick with fins and board	400m Freestyle 300m Free Pull 200m Breast or Backstroke 100m Freestyle Kick with fins and board
Main Set/s	4 x 50m (25m fly, 25m back) with fins with 15 sec rest 4 x 50m (25m back, 25m breast) with fins with 15 sec rest 4 x 50m (25m breast, 25m free) with fins with 15 sec rest	6 x 50m (25m fly, 25m back) with fins with 15 sec rest 6 x 50m (25m back, 25m breast) with fins with 15 sec rest 6 x 50m (25m breast, 25m free) with fins with 15 sec rest	6 - 8 x 50m (25m fly, 25m back) with or without fins on 1.00 – 1.15 6 – 8 x 50m (25m back, 25m breast) with or without fins on 1.00 or 1.15 6 – 8 x 50m (25m breast, 25m free) with or without fins on 1.00 – 1.15
Cool Down	4 x 25m IM order (with or without fins) with 15 sec rest – nice and easy thinking about good technique 100m easy choice 4 x 25m IM order (with or without fins) with 15 sec rest – nice and easy thinking about good technique 100m easy choice – nice and slow – but with good technique	100m IM easy fins 100m easy Free with fins 100m IM easy fins 100m easy Free with fins	200m Freestyle easy 20 – 30 sec rest 200m IM 20 – 30 sec rest 200m easy choice