

Programme 6 – mixed strokes – aerobic – (1.5 – 3km) – mixed abilities

Please adjust or modify to suit. Times are only a guide or a suggestion. If using fins for breaststroke, please do fly/dolphin kick or free kick.

Levels	Level 1	Level 2	Level 3
Warm up	100 – 200m Freestyle (good turns and streamlining off the wall)  4 x 50m Free Pull and Paddles on 1.30	2 x 200m Freestyle (good turns and streamlining off the wall)  6 x 50m Free Pull and Paddles on 1 – 1.15	- 3 x 200m Freestyle (concentrate on good turns and streamlining with 4 – 6 kicks off the wall) 15 – 30 sec rest  - 8 x 50m Free Pull & Paddles on 45s – 1 min
Main Set/s	100 - 200m Backstroke with or without fins  4 x 50m Pull ( no paddles) on 1.30  100 – 200m Breaststroke  4 x 50m Free kick (fins optional) on 1.30  4 – 6 x 25m either fly kick or fly with fins (optional) 30sec – 45 sec rest after each 25m	200m Backstroke with or without fins (good turns and streamlining)  6 x 50m Free Pull (no paddles) on 1 – 1.15  200m Breaststroke (good turns and pull outs)  6 x 50m Free kick with/without fins on 1 min/1.15 – moderate effort  6 x 25m alternating Butterfly, then Butterfly kick with fins optional on 30 – 45 sec	200m Backstroke with or without fins (good turns and streamlining)  8 x 50m Free Pull (no paddles) on 45s – 1min  200m Breaststroke (good turns and pull outs)  8 x 50m Free kick with/without fins on 1 min – moderate effort  8 x 25m alternating Butterfly, then Butterfly kick on 30 – 45 sec  100m easy choice
Cool down	1 – 200m easy choice (nice and slow) – but with good technique	2 sets of: ( 20 – 30 sec rest) 100 IM easy (fins optional) 100m easy choice	200m IM without fins with 30 sec rest  3 x 100m IM without fins with 20 sec rest