

Programme 8 – Mixed strokes – Aerobic – (1.5 – 2.5km) – mixed abilities

Please modify/adjust programmes accordingly. Times/rest times are only guides or suggestions. If swimming breaststroke with fins, please kick with either a dolphin/free kick.

Levels	Level 1	Level 2	Level 3
Warm Up - fins optional	200m – 300m – 75m swim, 25m streamline kicking without board	300m continuous – 75m swim, 25m streamline kicking without board	400 – 600m - 75m swim, 25m streamline kick with fins
Main Set/s	<ul style="list-style-type: none"> • 4 x 50m Backstroke with fins 30 sec rest • 200m easy Breaststroke • 3 x 100m Free with pull buoy 20 – 30 sec rest • 4 x 50m Breaststroke with 20 sec rest • 200m easy Freestyle kick with fins and board • 4 x 25m Butterfly or Butterfly kick with fins optional on 1min 	<ul style="list-style-type: none"> • 4 x 50m Backstroke sprint on 1.30 • 200m easy Breaststroke • 5 x 100m Free Pull (paddles optional) on 2 min • 4 x 50m Breaststroke sprint on 1.30 • 200m easy Free kick with fins optional and board • 4 x 25m Butterfly without fins on 1min 	<ul style="list-style-type: none"> • 4 - 6 x 50m Backstroke sprint on 1.00/ 1.15 • 200m easy Breaststroke • 6 x 100m Free Pull on 1.45/1.50 • 4 -6 x 50m Breaststroke sprint on 1.30 • 200m easy Free kick (fins optional) with board • 4- 6 x 25m Butterfly on 50sec or 4 x 50m Butterfly on 1.20/1.30
Cool Down	Practice dives/starts eg 4 x dives and swim to half way and walk back Or easy 200m swim down (nice and slow with good technique)	Practice dives – eg 4 x 25m from a dive (first 6 strokes fast) then walk back Or 200 – 300m easy choice	Practice dives – 4 x 25m walk backs (first 6 strokes fast) Or easy 300 – 400m choice