



PROGRAMMES: 11 - 15

Programme 11

Mixed strokes/activities – mainly aerobic - Approx. 2km

Please adjust to suit – resting and swim times are only suggestions. If swimming breaststroke with fins, please use a dolphin (fly) or flutter (free) kick.

Levels	Level 1	Level 2	Level 3
	Rest whenever you like for as long as you like. Please feel free to wear fins whenever you like.		
Warm Up	<ul style="list-style-type: none"> • 2 x (100m Free, 100m Not Free) • 300m with fins (2 x 150m – rest 20 – 30 sec after each 150m) – 50m Fly Kick, 50m Fly swim/drill, 50m fly kick REST then, 50m Back, 50m Back kick and then 50m Back) 	<ul style="list-style-type: none"> • 4 x 100m – 2 x (100m Free, 100m Not Free) • 600m with fins (4 x 150m with 10 sec rest) – Fly KSK, Back SKS (twice through) –ie 50m Fly, 50m Fly Drill, 50m Kick, then 50m Back, 50m Back Kick and 50m Back 	<ul style="list-style-type: none"> • 4 x 100m – 2 x (100m Free, 100m Not Free) • 600m with fins (4 x 150m with 10 sec rest) – Fly KSK, Back SKS (twice through) –ie 50m Fly, 50m Fly Drill, 50m Kick, then 50m Back, 50m Back Kick and 50m Back
Main	<ul style="list-style-type: none"> • 3 x 100m Free Pull and Paddles • 2 x 100m IM fins optional with 30 sec rest • 100m easy kick with fins • 4 x 50m Free 20 sec rest – try to descend the set (get faster gradually each 50m) 	<ul style="list-style-type: none"> • 3 x 100m Free Pull and Paddles with 10 sec rest • 3 x 100m IM with fins with 10 sec rest • 4 x 50m (choice of stroke) with 20 sec rest – try to descend (get faster each 50m) 	<ul style="list-style-type: none"> • 2 - 3 x 200m Free Pull and Paddles on 3.30 - 3.45 • 4 x 100m IM with/without fins on 1.45/2min • 8 x 50m (choice of stroke) with 20 sec rest – try to descend (get faster each 50m)
Cool Down	<ul style="list-style-type: none"> • 4 x 50m – alternating 50m Back & 50m Breast nice and easy 	<ul style="list-style-type: none"> • 4 x 50m Free with or without fins (10 – 15 sec rest) 1st 50m sprint 2nd 50m med pace free 3rd 50m slow pace free 4th 50m free very very slow 	<ul style="list-style-type: none"> • 12-16 x 25m – 3 or each stroke with or without fins- good technique on 45 sec

Programme 12

Mixed strokes and activities – mainly aerobic

Please adapt to suit – times are just a suggestion.

Level	Level 1	Level 2	Level 3
Warm Up	<ul style="list-style-type: none"> • 150m Free, Not Free 	<ul style="list-style-type: none"> • 150m Free, 50m Not Free 	<ul style="list-style-type: none"> • 2 – 3 x 150m Free, 50m Not Free
Main Sets	<ul style="list-style-type: none"> • 200m Free kick with fins • 200m Free Pull and paddles • 200m Free paddles and fins • 400m – 8 x 50m IM switch with fins ie • (1st 50m 25m fly, 25m Back, REST, • 2nd 50m – 25m Back, 25m Breast, REST • 3rd 50m – 25m Breast, 25m Free, REST • 4th 50m – 25m Free, 25m Fly REST and then repeat 	<ul style="list-style-type: none"> • 200m Free kick with fins • 300m Free Pull and Paddles • 400m Free with paddles and fins • 500m – 10 x 50m IM switch (1st 50m – 25m fly, 25m back, 2nd 50m – 25m back, 25m breast...etc) 	<ul style="list-style-type: none"> • 200m Free Kick (fins optional) • 400m Free Pull and paddles • 600m Free with paddles and fins • 800m – 16 x 50m IM switch (ie 25m Fly, 25m Back, then 25m Breast, 25m Free, 25m Fly...etc)
Cool Down	<ul style="list-style-type: none"> • 200m easy choice • Followed by stroke or drill set 	<ul style="list-style-type: none"> • 200m easy choice • Followed by stroke work/drills 	<ul style="list-style-type: none"> • Cool down – 150m Free, 50m Not Free • Followed by drill work

Programme 13

Mixed activities – aerobic

Please adjust to suit – times are only suggestions

Levels	Level 1 – rest whenever you necessary – fins optional	Level 2	Level 3
Warm Up	<ul style="list-style-type: none"> • 2 x 50m Free • 2 x 50m Choice • 4 x 100m kick with fins and board (50m free and 50m back) 	<ul style="list-style-type: none"> • 100m Free • 100m Choice • 4 x 150m with fins ie (50m Fly kick, 50m Back Kick and 50m Free kick on side) 10 sec rest between 150m 	<ul style="list-style-type: none"> • 2 x (100m Free, 100m Choice) • 4 x 150m with fins ie (50m Fly kick, 50m Back Kick and 50m Free kick on side) 10 sec rest between 150m
Main Set/s	<ul style="list-style-type: none"> • 2 x 100m free pull/paddles 10 – 15sec rest • 4 x 50m Free first 4 strokes fast – 15 sec rest • 4 x 50m alternating breast and back on 1.20/1.30 	<ul style="list-style-type: none"> • 2 x 100m Free with pull/paddles 10 – 15 sec rest • 3 x 100m Free – first 8 strokes fast of each 50m – 10 sec rest • 4 x 50m alternating breast and back on 1.10 – 1.20 	<ul style="list-style-type: none"> • 5 x 100m Free with pull/paddles 10 – 15 sec rest • 3 x 100m Free – first 8 strokes fast of each 50m – 10 sec rest • 4 x 50m Alternating Breast and back on 1min or 1.10
Cool Down	<ul style="list-style-type: none"> • 100m easy choice 	<ul style="list-style-type: none"> • 100m easy choice 	<ul style="list-style-type: none"> • 100m IM easy • 200m easy choice

Programme 14

Mixed activities – mainly aerobic

Please adjust to suit – times are only suggestions.

Levels	Level 1 – rest whenever you feel and use fins whenever you wish	Level 2	Level 3
Warm Up	<ul style="list-style-type: none"> • 100m Free, 25m Back, 25m Breast • 100m free, 25m Back, 25m Breast (Warm Up set can be completed twice through)	<ul style="list-style-type: none"> • 4 x 200m – 100 Free, 50m Back, 50m Breast with 20 sec rest after each 200m 	<ul style="list-style-type: none"> • 5 x 200m – 100 Free, 50m Back, 50m Breast with 15 sec rest after each 200m
Main Set/s	<ul style="list-style-type: none"> • 6 – 8 x 25m Free or Breast kick with board • 8 – 10 x 50m Free Pull rest at end of each 50m 	<ul style="list-style-type: none"> • 8 – 10 x 50m free kick with board and fins on 1.30 – 50m sprint, 50m easy • 3 – 4 x 100m Free Pull on 2.15 (1st and last 15m of each 100m sprint) 	<ul style="list-style-type: none"> • 12 x 50m Free Kick with board and fins on 1.15 – (50m sprint, 50m easy) • 4 x 100m Free Pull on 1.45/2min (1st and last 15m of each 100m sprint)
Cool Down	<ul style="list-style-type: none"> • 200m easy choice 	<ul style="list-style-type: none"> • 200m easy choice 	<ul style="list-style-type: none"> • 4 x 50m IM switch on 1 min (with or without fins) • 200m easy choice •

Programme 15

Mixed activities – mainly aerobic

Please adjust to suit – times are only suggestions.

Levels	Level 1 – rest whenever you free necessary – fins optional	Level 2	Level 3
Warm Up	<ul style="list-style-type: none">• 200m Free	<ul style="list-style-type: none">• 300m Free	<ul style="list-style-type: none">• 400m Free
Main Set/s	<ul style="list-style-type: none">• 2 x 100m Free with Pull and Paddles – 10 sec rest• 3 x 100m Kick (fins optional) – 10 sec rest• 6 x 50m Form Stroke on 1.30 – 1 easy, 1 hard• 8 x 25m IM order (fins optional) – 10 sec rest	<ul style="list-style-type: none">• 2 x 200m Free with pull buoy and paddles – 15 sec rest• 4 x 100m Kick with fins – 10 sec rest• 8 x 50m Form Stroke on 1.30 – alternate 50m sprint, 50m easy• 8 x 25m IM order on 45 sec with fins optional	<ul style="list-style-type: none">• 2 x 200m Free with pull buoy and paddles – 10 sec rest• 4 x 100m Kick – 10 sec rest• 8 x 50m Form Stroke on 1.15 – alternate 50m sprint, 50m easy• 16 x 25m IM order on 35/40 sec
Cool Down	<ul style="list-style-type: none">• 100 – 200m easy choice	<ul style="list-style-type: none">• 200m easy choice	<ul style="list-style-type: none">• 200m easy choice• Also practice starts/push offs