



Programme 16 – mixed activities – mainly aerobic

Please adjust to suit – times just suggestions.

Levels	Level 1	Level 2	Level 3
Warm Up	6 x 50m Free with fins on 1.30/1.40	8 x 50m Free with fins on 1.20	10 x 50m Free with fins on 1 min (good technique)
Main set/s	200m free Pull 100m Breast kick 6 x 25m Breast on 1 min 200m Back fins 6 x 25m Back on 1 min	300m Free Pull 200m Breast kick or alternate free and breast kick (each 50m) 4 x 50m Breast on 1.45 300m Back with fins 4 x 50m Back on 1.30	400m Free Pull 200m Breast Kick 6 x 50m Breast on 1.20 400m Back (fins optional) 6 x 50m Back on 1.20
Cool down	200m easy choice Fly drills	200m easy choice Fly drills	300m easy choice Fly drills



Programme 17 – mixed activities – mainly freestyle – mainly aerobic (400s)

Please adjust to suit – times are suggestions only. Use fins whenever you wish and rest whenever you wish.

Levels	Level 1 – rest whenever you like – fins optional	Level 2 – rest 30 - 45 sec after each 400m	Level 3 – rest 20 sec after each 400m
Warm Up	<ul style="list-style-type: none"> • 200m Free 	<ul style="list-style-type: none"> • 400m Free 	<ul style="list-style-type: none"> • 400m Free
Main Set/s	<ul style="list-style-type: none"> • 4 x 50m Pull and Paddles – Free • 200m Back (fins optional) • 4 x 50m Pull and paddles Free on 1.20 – 1.30 • 200m Breast • 4 x 50m Kick fins optional on 1.20 – 1.30 	<ul style="list-style-type: none"> • 400m Free Pull and Paddles • 400m Fins and Paddles – Free • 400m Free kick with fins and board • 400m not free 	<ul style="list-style-type: none"> • 400m Free Pull and Paddles • 400m Free Fins and paddles • 400m Free kick with fins and board • 400m Not Free • 400IM with or without fins
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



Programme 18 – mixed strokes – mainly aerobic

Please adjust to suit – times are only suggestions

Levels	Level 1	Level 2	Level 3
Warm Up	200m Free	300m Free – 60 sec rest	400m Free – 40 sec rest
Main Set/s	100m Back 100m Breast 4 x 25m Fly with fins on 1min 3 x 100m desc with fins on 2.30 16 x 25m IM order on 45 sec (fins optional)	200m Back – 50 sec rest 100m Breast – 40 sec rest 4 x 25m Fly with fins on 1min 3 x 100m Free with fins desc 1 – 3 on 2.30 3 x 100m Back with fins desc 1 – 3 on 2.40 4 x 100m IM – 20 sec rest	300m Back – 30 sec rest 200m Breast – 20 sec rest 100m Fly – 30/40 sec rest 3 x 100m Free desc 1 – 3 on 2.30 3 x 100m Back desc 1 – 3 on 2.40 6 x 100m IM - 20 sec rest
Cool Down	If time 4 x 12m sprints 100 – 200m easy sprints	If time, 8 x 12 m sprints 200m easy choice	If time, 8 x 12m sprints 200m easy choice



Programme 19 – mainly free and IM sets – aerobic

Please adjust to suit – times are only suggestions.

Levels	Level 1	Level 2	Level 3
Warm Up	200m Free	300m – 400m Free	500m Free
Main set/s	2 x 100m Free kick with fins – 30 sec rest 2 x 100m Free Pull on 30 sec rest 4 x 50m Free on 1.30 2 x 100m IM with fins – 30- 45 sec rest	2 x 100m Free kick with fins on 15 sec rest 2 x 100m Free Pull – 15 sec rest 4 x 50m Free (last 50m max effort) on 1.20 2 x 100m IM – 30 sec rest	3 x 100m Free kick with fins on 2min 3 x 100m Pull and paddles free on 2 min 6 x 50m Free desc 1 – 3 on 1.15 3 x 100m IM on 2.30 2 x 100m IM kick
Cool Down	100 – 200m easy choice	200m easy choice (and fly drills)	200m easy choice and fly drills



Programme 20 – mixed activities - Medleys – mainly aerobic

Please adjust to suit – times are only suggestions. IM Switch – 25m switch strokes – IM order (eg 25m Fly/25m Back, 25m Back/25m Breast, 25m Breast/25m Free, 25m Free/25m Fly)

Levels	Level 1- fins optional – rest whenever required	Level 2	Level 3
Warm Up	100 - 200m Free 4 x 25m IM order on 1 min	200m Free 4 x 50m IM Switch (fins) – 10 sec rest	200m Free 4/8 x 50m IM Switch – 10 sec rest
Main Set/s	100 - 200m Free Kick 4 x 25m IM order on 1min 100 – 200m Free Pull 4 x 25m IM order on 1 min 4 x 25m Breast on 1 min 4 x 25m Back on 1 min 4 x 25m Free on 1 min 4 x 25m Fly kick with fins on 1 min	200 Free Kick (fins) 4 x 50m IM switch (fins) – 10 sec rest 200m Free Pull 4 x 50m IM switch (fins)– 10 sec rest 6 x 25m Fly with or without fins on 1min 4 x 50m Back with or without fins on 1.30 4 x 50m Breast on 1.40/1.45 4 x 50m Free on 1.15	200 Free Kick 4/8 x 50m IM switch – 10 sec rest 200m Free Pull 4/8 x 50m IM switch – 10 sec rest 4 x 50m Fly with or without fins on 1.30 4 x 50m Back with or without fins on 1.30 4 x 50m Breast on 1.30 4 x 50m Free on 1 min
Cool Down	100 – 200m easy choice	200m easy choice	200m easy choice