



### Programme 10

Mixed strokes with some drills included – mainly aerobic

Please adjust and modify to suit. Times and rest times are only suggestions. If using fins for breaststroke – please use a dolphin (fly) or flutter (free)kick.

Levels	Level 1	Level 2	Level 3
Warm Up	<ul style="list-style-type: none"> <li>• 200m Free</li> <li>• 200m Pull</li> <li>• 200m Free kick with fins</li> </ul>	<ul style="list-style-type: none"> <li>• 200m Free</li> <li>• 200m Free Pull</li> <li>• 200m Free Kick with fins</li> </ul>	<ul style="list-style-type: none"> <li>• 200m Free</li> <li>• 200m Free Pull</li> <li>• 200m Free Kick with or without fins</li> </ul>
Main Set/s	<ul style="list-style-type: none"> <li>• 4 x 50m (25m Back, 25m Breast) with 15 sec rest after each 50m</li> <li>• 4 x 25m Butterfly or Butterfly kick with fins on 1 min</li> <li>• 6 x 25m Back with fins optional on 1 min</li> <li>• 6 x 25m Breast on 1 min</li> <li>• 6 x 25m Free on 1 min</li> </ul>	<ul style="list-style-type: none"> <li>• 200m Back kick with fins</li> <li>• 4 x 50m Back with fins with 15 sec rest (alternating 50m drill and 50m swim)</li> <li>• 100m Breaststroke kick with board</li> <li>• 100m Breaststroke drill</li> <li>• 4 x 50m Breast with 15 – 20 sec rest</li> <li>• 100m Butterfly kick with fins (on side, back or front)</li> <li>• 6 x 25m various fly drills on 45 sec – 1min</li> <li>• 4 x 25m fly with fins on 45 sec – 1min</li> </ul>	<ul style="list-style-type: none"> <li>• 200m Back kick with fins (streamline)</li> <li>• 6 x 50m Backstroke with fins on 1 min – alternating 50m drill and 50m swim (example drill activities include: double arm, one arm, “tic, tac, toe”, etc)</li> <li>• 100m Breaststroke kick with board</li> <li>• 100m Breaststroke drill ( 3 kicks to 1 pull)</li> <li>• 100m Breaststroke drill ( 3 sec glide between strokes/pulls)</li> <li>• 4 x 50m Breaststroke on 1.15</li> <li>• 200m Fly kick with fins (on side, or back or front)</li> <li>• 8 x 25m Fly drills ( examples: 1 arm fly, 1 arm fly on side, 3 x left arm then 3x right then 3 both arms...etc, “buzzard” drill, etc) on 35- 45 sec</li> <li>• 4 – 6 x 25m fly with or without fins on 45 sec</li> </ul>
Cool Down	<ul style="list-style-type: none"> <li>• 100 – 200m easy choice</li> </ul>	<ul style="list-style-type: none"> <li>• 100 – 200m easy choice</li> </ul>	<ul style="list-style-type: none"> <li>• 200m easy choice</li> </ul>