



## Programme 2 – Medley Programme 1.5 – 2.5km Mixed abilities

Please adjust programmes to suit (rest/swim times are only suggestions). Note: when using fins for breaststroke please use a butterfly kick (or dolphin kick) instead of a breaststroke kick. “IM” is an abbreviation for “Individual Medley”. The order of the strokes: fly, back, breast, free.

Levels	Level 1 – wear fins whenever you like and rest whenever you need – rest times are only suggestions	Level 2	Level 3
Warm Up	2 sets of:  100m Freestyle 100m Free kick with board	2 sets of:  100m Freestyle 100m Free kick with board	2 -3 sets of  100m Freestyle 100m Free kick with board
Main set/s	<ul style="list-style-type: none"> <li>4 x 50m (25m fly kick or freestyle, 25m back with fins) <b>with 15 sec rest for each 50m swum</b></li> <li>4 x 50m (25m back, 25m breast with fins) with 15 sec rest</li> <li>4 x 50m (25m breast, 25m free with or without fins) with 15 sec rest</li> <li>8 x 25m IM order with or without fins with 15 sec rest for each 25m swum</li> </ul>	<ul style="list-style-type: none"> <li>4 x 50m ( 25m fly or fly kick followed by 25m backstroke) with fins with <b>15 sec rest after each 50m</b></li> <li>4 x 50m (25m back, 25m breast with fins) with 15 sec rest</li> <li>4 x 50m ( 25m breast, 25m free) NO FINS with 15 sec</li> <li>8 x 25m IM order – no fins on 10 – 15 sec rest after each 25m</li> <li>2 x100m IM with fins on 2mins (swim and rest adds up to 2mins)</li> </ul>	<ul style="list-style-type: none"> <li>6 – 8 x 50m ( 25m fly, 25m back) with or without fins on 1.00 or 1.15</li> <li>6 – 8 x 50m ( 25m back, 25m breast) with or without fins on 1.00 or 1.15</li> <li>6 – 8 x 50m (25m breast, 25m free) on 1.00 or 1.15</li> <li>16 x 25m IM order – no fins on 30 – 40 sec (swim and rest)</li> </ul>
Cool Down	200m easy choice	200m easy choice	200m easy choice