



Programme 4 – pyramid with mixed activities – 1.5 – 2.5km (mixed levels) AEROBIC programme

Please modify and adjust programmes to suit. Times listed are only suggestions. If swimming breaststroke with fins, please use a fly (dolphin kick) or freestyle kick. Long Pyramid - main set - 5 sec rest for each 25m swim.

Levels	Level 1	Level 2	Level 3
Warm Up and Main Set	<ul style="list-style-type: none"> • 150m Freestyle • 125m Free with Paddles and Pull or just pull buoy • 100m Breast or Back • 75m Free Pull • 50m Fly or Fly Drill (fins optional) • 25m Free Pull • 150m Backstroke with fins • 125m Backstroke kick with fins and no board – streamline • 100m 1 arm Fly drill on side with fins • 75m Fly kick (with or without board) with fins • 50m Breast with fly kick and fins • 25m Free Sprint with fins 	<ul style="list-style-type: none"> • 200m Freestyle • 175m Free with Paddles and Pull buoy • 150m Breast or Back • 125m Free with Paddles and Pull • 100m Breast or Back • 75m Free Pull • 50m Fly or Fly Drill • 25m Free Pull • 200m IM with fins • 175m Free kick with board and fins • 150m Backstroke with fins • 125m Backstroke kick with fins and no board – streamline • 100m 1 arm Fly drill on side with fins • 75m Fly kick (with or without board) • 50m Breast with fly kick and fins • 25m Free Sprint with fins 	<ul style="list-style-type: none"> • 250m easy choice • 225m Free Pull • 200m Freestyle • 175m Free with Paddles and Pull buoy • 150m Breast or Back • 125m Free with Paddles and Pull • 100m Breast or Back • 75m Free Pull • 50m Fly or Fly Drill • 25m Free Pull • 200m IM with/without fins • 175m Free kick with/without board • 150m Backstroke • 125m Backstroke kick – streamline • 100m 1 arm Fly drill on side with fins optional • 75m Fly kick (with or without board) • 50m Breast • 25m Free Sprint
Main set	2 x 50m Free (25m fast, 25m easy) with 15 – 20 sec after each 50m – fins optional	4 x 50m Free Descending 1 – 4 on 1.30 – get faster each 50m	6 x 50m Free Descending 1 – 3 (2 sets) on 1.00 – 1.15
Cool Down	100 – 200 easy choice	200m easy choice	200m easy choice