



Programme 7

Mixed Strokes – Aerobic – 1.5 – 2.5km – mixed abilities

Please feel free to modify or adjust to suit. Times/rest times are only guides or suggestions. If using fins to swim Breaststroke, please use dolphin/fly kick or free kick.

Levels	Level 1	Level 2	Level 3
Warm Up	100m Free 100m Free with Pull and Paddles 100m Free Kick with board (fins optional)	200m Freestyle 200m Freestyle with Pull & Paddles 200m Freestyle Kick with board and no fins	2 sets of: 200m Freestyle 200m Freestyle with Pull & Paddles 200m Freestyle Kick with board and no fins
Main Set/s	<ul style="list-style-type: none"> 8 x 25m IM order on 1 min 4 x 50m Free kick with or without fins on 1.30 – 2min 100m Breaststroke – holding a long glide for count “1,2 and 3” 4 x 50m Breaststroke on 1.45 – 2min 100m Fly Drill or Kick with fins 4 x 25m Fly (with or without fins) with 30 sec rest 1- 200m easy kick – alternating 25m Breast kick then 25m free kick (no fins) 	<ul style="list-style-type: none"> 12 x 25m IM order on 45sec (no fins) 4 x 50m Free Kick with fins on 1.15 alternating 50m max effort and 50m easy 100m Breaststroke – holding 1,2 and glide 4 x 50m Breaststroke on 1.20 – 1.30, 25m max effort, 25m easy 200m 1 arm fly drill on side with fins – alternate side each 50m - concentrate on good technique 4 x 50m Butterfly with/without fins on 1.15 – 1.30 (streamlining off the wall – breathing every 2 or 3 strokes) with good technique 200m easy kick – alternating 25m breast kick and 25m free kick 	<ul style="list-style-type: none"> 16 x 25m IM order on 30 – 45sec (no fins) 6 x 50m Free Kick with fins on 1min – 1.15 alternating 50m max effort and 50m easy 200m Breaststroke – holding 1,2 and glide 6 x 50m Breaststroke on 1 – 1.15 – 25m max effort, 25m easy 200m 1 arm fly drill on side with fins – alternate side each 50m - concentrate on good technique 4 x 50m Butterfly with/without fins on 1 – 1.15 (streamlining off the wall – breathing every 2 or 3 strokes) with good technique 200m easy kick – alternating 25m breast kick and 25m free kick
Cool Down	<ul style="list-style-type: none"> 4 x 50m Free – long smooth strokes of freestyle – 20 – 30 sec rest after each 50m 	<ul style="list-style-type: none"> 4 x 50m Free – concentrating on DPS on 1.30 – 1.40 – nice and smooth – good technique 	<ul style="list-style-type: none"> 6 x 50m Free concentrating on distance per stroke on 1 – 1.15 (each 50m focusing on how to improve DPS – eg increase kicking, longer strokes, better technique, breathing less... etc)