

Week	Session 1	Session 2
1	<p>Warm up: 2 x 50m Level 1 (rest 30 secs) 2 x 50m Level 2 (rest 1 minute)</p> <p>Main set: 100 m Level 1 (rest 1 minute) 100 m Level 2 (rest 90 secs)</p> <p>Swim down: 50m Level 1</p> <p>Total 450m (18 lengths)</p>	<p>Warm up: 2 x 50m Level 1 (rest 30 secs) 2 x 50m Level 2 (rest 1 minute)</p> <p>Main set: 100m Level 2 (rest 1 minute) 150m Level 1 (rest 90 secs)</p> <p>Swim down: 50m Level 1</p> <p>Total 500m (20 lengths)</p>
2	<p>Warm up: 2 x 50m Level 1 (rest 30 secs) 2 x 50m Level 2 (rest 1 minute)</p> <p>Main set: 100m Level 2 (rest 1 minute) 150m Level 1 (rest 90 secs)</p> <p>Swim down: 50m Level 1</p> <p>Total 500m (20 lengths)</p>	<p>Warm up: 2 x 50m Level 1 (rest 30 secs) 2 x 50m Level 2 (rest 1 minute) 2 x 50m Level 3 (rest 1 minute)</p> <p>Main set: 100m Level 2 (rest 1 minute) 200m Level 1 (rest 90 secs)</p> <p>Swim down: 50m Level 1</p> <p>Total 650m (26 lengths)</p>
3	<p>Warm up: 2 x 50m Level 1 (rest 30 secs) 2 x 50m Level 2 (rest 1 minute) 2 x 50m Level 3 (rest 1 minute)</p> <p>Main set: 100m Level 2 (rest 1 minute) 200m Level 1 (rest 90 secs)</p> <p>Swim down: 50m Level 1</p> <p>Total 650m (26 lengths)</p>	<p>Warm up: 2 x 100m Level 1 (rest 30 secs between 100s)</p> <p>Main set: 250m Level 2 (rest 1 minute) 2 x 50m Level 3 (rest 1 minute between 50s)</p> <p>Swim down: 50m Level 1</p> <p>Total 600m (24 lengths)</p>
4	<p>Warm up: 2 x 100m Level 1 (rest 30 secs between 100s)</p> <p>Main set: 250m Level 2 (rest 1 minute) 2 x 50m Level 3 (rest 1 minute between 50s)</p> <p>Swim down: 50m Level 1</p> <p>Total 600m (24 lengths)</p>	<p>Warm up: 2 x 100m Level 1 (rest 30 secs)</p> <p>Main set: 300m Level 2 (rest 90 secs) 2 x 75m Level 3 (rest 1 minute between 75 secs)</p> <p>Swim down: 50m Level 1</p> <p>Total 700m (28 lengths)</p>
5	<p>Warm up: 2 x 100m Level 1 (rest 30 secs)</p> <p>Main set: 300m Level 2 (rest 90 secs) 2 x 75m Level 3 (rest 1 minute between 75 secs)</p> <p>Swim down: 50m Level 1</p> <p>Total 700m (28 lengths)</p>	<p>Warm up: 2 x 100m Level 1 (rest 30 seconds)</p> <p>Main set: 400m Level 2 (rest 1 minute) 1 x 50m Level 4</p> <p>Swim down: 50m Level 1</p> <p>Total 700m (28 lengths)</p>
6	<p>Warm up: 2 x 100m Level 1 (rest 30 seconds)</p> <p>Main set: 400m Level 2 (rest 1 minute) 1 x 50m Level 4</p> <p>Swim down: 50m Level 1</p> <p>Total 700m (28 lengths)</p>	<p>Warm up: 1 x 100m Level 1 (rest 30 seconds)</p> <p>Main set: 400m Level 2 (rest 1 minute)</p> <p>Swim down: 100m Level 2</p> <p>Total 600m (24 lengths)</p>
7	<p>Warm up: 1 x 100m Level 1 (rest 30 seconds)</p> <p>Main set: 400m Level 2 (rest 1 minute)</p> <p>Swim down: 100m Level 2</p> <p>Total 600m (24 lengths)</p>	<p>Warm up: 1 x 100m Level 1 (rest 30 seconds)</p> <p>Main set: 4 x 100m Level 4 (rest 1 minute) 2 x 50m Level 4</p> <p>Swim down: 50m Level 1</p> <p>Total 650m (26 lengths)</p>

Week	Session 1	Session 2
8	<p>Warm up: 1 x 100m Level 1 (rest 30 seconds)</p> <p>Main set: 4 x 100m Level 4 (rest 1 minute) 2 x 50m Level 4</p> <p>Swim down: 50m Level 1</p> <p>Total 650m (26 lengths)</p>	<p>Warm up: 1 x 100m Level 1 (rest 30 seconds) 1 x 100m Level 2 (rest 30 seconds)</p> <p>Main set: 400m Level 3 (rest 1 minute)</p> <p>Swim down: 100m Level 2</p> <p>Total 700m (28 lengths)</p>
9	<p>Warm up: 1 x 100m Level 1 (rest 30 seconds) 1 x 100m Level 2 (rest 30 seconds)</p> <p>Main set: 400m Level 3 (rest 1 minute)</p> <p>Swim down: 100m Level 2</p> <p>Total 700m (28 lengths)</p>	<p>Warm up: 1 x 100m Level 1 (rest 30 seconds)</p> <p>Main set: 3 x 200m Level 3 (rest 1 minute)</p> <p>Swim down: 100m Level 2</p> <p>Total 800m (32 lengths)</p>
10	<p>Warm up: 1 x 100m Level 1 (rest 30 seconds)</p> <p>Main set: 3 x 200m Level 3 (rest 1 minute)</p> <p>Swim down: 100m Level 2</p> <p>Total 800m (32 lengths)</p>	<p>Warm up: 1 x 100m Level 1 (rest 30 seconds)</p> <p>Main set: 2 x 300m Level 3 (rest 1 minute)</p> <p>Swim down: 100m Level 2</p> <p>Total 800m (32 lengths)</p>
11	<p>Warm up: 1 x 100m Level 1 (rest 30 seconds)</p> <p>Main set: 2 x 300m Level 3 (rest 1 minute)</p> <p>Swim down: 100m Level 2</p> <p>Total 800m (32 lengths)</p>	<p>Warm up: 1 x 100m Level 1 (rest 30 seconds) 1 x 100m Level 2 (rest 30 seconds)</p> <p>Main set: 400m Level 3 (rest 1 minute)</p> <p>Swim down: 100m Level 2</p> <p>Total 700m (28 lengths)</p>
12	<p>Warm up: 2 x 100m Level 1 (rest 30 secs between 100s)</p> <p>Main set: 250m Level 2 (rest 1 minute) 2 x 50m Level 3 (rest 1 minute between 50 secs)</p> <p>Swim down: 50m Level 1</p> <p>Total 600m (24 lengths)</p>	<p>Warm up: 2 x 100m Level 1 (rest 30 secs)</p> <p>Main set: 300m Level 2 (rest 90 secs) 2 x 75m Level 3 (rest 1 minute between 75 secs)</p> <p>Swim down: 50m Level 1</p> <p>Total 700m (28 lengths)</p>

INFORMATION

Exertion Level 1 - Light to moderate effort. Mild increase in breathing rate.

Exertion Level 2 - Moderate effort. Noticeable increase in breathing.

Exertion Level 3 - Moderate to hard effort. Noticeable increase in depth/rate breathing. Difficulty talking in full sentences.

Exertion Level 4 - Hard to extremely hard effort. Unable to talk at all. Gasping slightly for breath.

Assumptions and notes - Most swimming pools in the UK are 25 metres, therefore 50m is 2 lengths and 100m is 4 lengths. The swim for the NHS Triathlon is 400m which is 16 lengths of a conventional 25m pool. Some older swimming pools may be 25 yards so lengths/distances should be adjusted accordingly.

Reebok University's Effort Scales have been used to illustrate the effort required for each session. These have been adapted and simplified from the Borg Scale and use a 1 to 4 scale.