



Stage 8



By the end of this stage participants will be able to:

1. Complete a set lasting 400m (eg 16 x 25m) on a specific turn around time set by the coach (eg 1 min for each 25m)
2. Swim 400m continuously using one stroke
3. Kick 25m backstroke with/without using a board – swimmers choice
4. Kick 25m breaststroke with/without using a board – swimmers choice
5. Kick 25m butterfly with/without using a board - swimmers choice
6. Kick 25m front crawl with/without using a board – swimmers choice
7. Perform a backstroke turn from 10m in to 15m out
8. Perform a breaststroke turn from 10m in to 15m out
9. Perform a butterfly turn from 10m in to 15m out
10. Perform a front crawl turn from 10m in to 15m out