



# Stage 10



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

1. Complete a set lasting 1600m either 16 x 100m; 8 x 200m; 4 x 400m on a specific timed turn around set by the coach (eg 2.30 min for 100m's; 5.30 min for 200m's; 12 min for 400m's)
2. Swim 1500m continuously choosing one stroke
3. Perform a continuous 100m IM kick without using a kickboard using legal turns.
4. Swim a continuous 200m IM using legal turns.
5. Perform a 15m under water butterfly kick on back or front in a streamlined position.
6. Perform a front crawl relay takeover - as an incoming swimmer.
7. Perform a front crawl relay takeover - as an outgoing swimmer