

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	300 Swim 300 Kick 300 Pull	900	300 Swim 200 Kick 200 Pull	700	200 Swim 200 Kick 200 Pull	600
Kick	12 x 25 Kick Choice on 0:45 Odd - Fast Even - Easy	300	12 x 25 Kick Choice on 0:45 Odd - Fast Even - Easy	300	12 x 25 Kick Choice on 0:45 Odd - Fast Even - Easy	300
	100 Easy	100	100 Easy	100	100 Easy	100
Main S.	2 x 50 Choice on 0:40 2 x 100 Choice on 1:20 2 x 200 Choice on 2:45 2 x 100 Choice on 1:20 2 x 50 Choice on 0:40 making pace time is enough	1000	2 x 50 Choice on 0:50 2 x 100 Choice on 1:45 2 x 200 Choice on 3:15 2 x 100 Choice on 1:45 2 x 50 Choice on 0:50 making pace time is enough	1000	2 x 50 Choice on 1:00 2 x 100 Choice on 2:00 2 x 150 Choice on 3:00 2 x 100 Choice on 2:00 2 x 50 Choice on 1:00 making pace time is enough	900
	100 Easy	100	100 Easy	100	100 Easy	100
Hypx.	800 Hypox.	800	700 Hypox.	700	400 Hypox.	400
W.D.	200 Easy	200	200 Easy	200	100 Easy	100
Total		3400		3100		2500