

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	800 Free	800	700 Free	700	600 Free	500
Sprint	8 x 25 Kick on 0:50 [ 25 all out + 25 easy ]	200	8 x 25 Kick on 0:50 [ 25 all out + 25 easy ]	200	8 x 25 Kick on 0:50 [ 25 all out + 25 easy ]	200
	8 x 25 Choice on 0:45 [ 25 all out + 25 easy ]	200	8 x 25 Choice on 0:45 [ 25 all out + 25 easy ]	200	8 x 25 Choice on 0:45 [ 25 all out + 25 easy ]	200
	100 Easy	100	100 Easy	100	100 Easy	100
Main S.	2 x [ 10 x 100 Free Pull on 1:30 ] long easy strokes	2000	2 x [ 8 x 100 Free Pull on 1:50 ] long easy strokes	1600	2 x [ 6 x 100 Free Pull on 2:00 ] long easy strokes	1200
	100 Easy between sets	200	100 Easy between sets	200	100 Easy between sets	200
Kick	6 x 50 Kick on 1:15	300	6 x 50 Kick on 1:15	300	6 x 50 Kick on 1:30	300
W.D.	100 Easy	100	100 Easy	100	100 Easy	100
<b>Total</b>		<b>3900</b>		<b>3400</b>		<b>2800</b>
					WEEK :	11
					DAY :	7