

	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	8 x 50 Free Kick 1:20	400	8 x 50 Free Kick 1:20	400	8 x 50 Free Kick 1:20	400
	100 Easy	100	100 Easy	100	100 Easy	100
Main S.	2 x [6 x 150 Choice on 3:00] Swim Fast 1st and 3rd 50	1800	2 x [6 x 150 Choice on 3:00] Swim Fast 1st and 3rd 50	1800	1 x [6 x 125 Choice on 3:00] Swim Fast 1st and last 25	750
	200 Easy between sets	400	200 Easy between sets	400	200 Easy between sets	400
Kick	400 Kick Alt. Free and Back every 25	400	300 Kick Alt. Free and Back every 25	300	200 Kick Alt. Free and Back every 25	200
Hypox.	16 x 50 Hypox. On 1:00 [2 breaths per 25]	800	14 x 50 Hypox. On 1:00 [3 breaths per 25]	700	12 x 50 Hypox. On 1:00 [4 breaths per 25]	600
W.D.	200 Easy	200	200 Easy	200	200 Easy	200
Total		5000		4600		3250
					WEEK :	13
					DAY :	3