

	Group I		Group II		Group III		
	Set	meters	Set	meters	Set	meters	
W.U.	2 x 400 IM	800	2 x 400 IM	800	2 x 300 IM No Fly	600	
Sprint	10 x 25 Fly on 0:50	250	10 x 25 Fly on 0:50	250	10 x 25 Fly on 0:50	250	
	100 Easy	100	100 Easy	100	100 Easy	100	
	10 x 25 Choice Build on 0:50	250	10 x 25 Choice Build on 0:50	250	10 x 25 Choice Build on 0:50	250	
	100 Easy	100	100 Easy	100	100 Easy	100	
Main S.	3 x [6 x 100 Choice on 2:00 Desc. 1 - 3]	1800	3 x [6 x 100 Choice on 2:00 Desc. 1 - 3]	1800	2 x [6 x 75 Choice on 2:00 Desc. 1 - 3] 100% Treshold	900	
Pull	2 x 400 Pull Free	800	2 x 300 Pull Free	600	2 x 250 Pull Free	500	
Kick	2 x [8 x 50 Kick on 1:15] Alt. Fly/Free every 25	800	2 x [8 x 50 Kick on 1:20] Alt. Fly/Free every 25	800	1 x [8 x 50 Kick on 1:30] Alt. Fly/Free every 25	400	
W.D.	100 Easy	100	100 Easy	100	100 Easy	100	
Total		5000		4800		3200	
						WEEK :	14
						DAY :	7