

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	3 x 200 IM reverse order	600	3 x 200 IM reverse order	600	3 x 150 IM reverse order (no fly)	450
Kick	16 x 25 Kick on 0:50 Odd - Free no board, stay underwater for 20 kicks Even - Back, stay underwa- ter for 8 dolphin kicks	400	14 x 25 Kick on 0:50 Odd - Free no board, stay underwater for 20 kicks Even - Back, stay underwa- ter for 8 dolphin kicks	350	12 x 25 Kick on 0:50 Odd - Free no board, stay underwater for 20 kicks Even - Back, stay underwa- ter for 8 dolphin kicks	300
	100 Easy	100	100 Easy	100	100 Easy	100
Main S.	2 x [12 x 50 IM on 1:00] Easy, Easy, Fast	1200	2 x [10 x 50 Choice on 1:10] Easy, Easy, Fast	1000	2 x [8 x 50 Choice on 1:15] Easy, Easy, Fast	800
	100 Easy between sets	400	100 Easy between sets	400	100 Easy between sets	400
Pull	600 Pull hypox.	600	500 Pull Hypox.	500	400 Pull hypox.	400
W.D.	100 Easy	100	100 Easy	100	100 Easy	100
Total		3400		3050		2550
					WEEK :	15
					DAY :	3