

	Group I		Group II		Group III		
	Set	meters	Set	meters	Set	meters	
W.U.	400 Drills 200 Kick 200 Pull	800	300 Drills 200 Kick 200 Pull	700	300 Drills 100 Kick 100 Pull	500	
Kick	6 x 25 Kick on 0:45 [Back rotate shoulders up every 6 kicks]	300	6 x 25 Kick on 0:45 [Back rotate shoulders up every 6 kicks]	300	6 x 25 Kick on 0:45 [Back rotate shoulders up every 6 kicks]	300	
	6 x 25 Kick on 0:45 [Free silent kick]		6 x 25 Kick on 0:45 [Free silent kick]		6 x 25 Kick on 0:45 [Free silent kick]		
	100 Easy	100	100 Easy	100	100 Easy	100	
Main S.	6 x 100 Choice on 1:45 keep the pace time only	600	6 x 100 Choice on 2:00 keep the pace time only	600	6 x 100 Choice on 2:30 keep the pace time only	700	
	100 Easy	100	100 Easy	100	100 Easy	100	
Drills	6 x 100 Drills Odd - Drill of choice Even - Free catch up	600	6 x 100 Drills Odd - Drill of choice Even - Free catch up	600	6 x 100 Drills Odd - Drill of choice Even - Free catch up	600	
	100 Easy	100	100 Easy	100	100 Easy	100	
Bonus	12 x 75 Free on 1:15 [Last 25 Fly]	900	10 x 75 Free on 1:30 [Last 25 Fly]	750	8 x 75 Free on 1:45 [Last 25 Fly]	600	
W.D.	100 Easy	100	100 Easy	100	100 Easy	100	
Total		3600		3350		3100	
						WEEK :	15
						DAY :	7