

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	200 Swim 200 Kick 200 Pull	600	200 Swim 200 Kick 200 Pull	600	200 Swim 200 Kick 200 Pull	600
Sprint	16 x 25 Choice on 1:00 Alt. Swim/Kick every 25	400	16 x 25 Choice on 1:00 Alt. Swim/Kick every 25	200	12 x 25 Choice on 1:00 Alt. Swim/Kick every 25	200
	100 Easy	100	100 Easy	100	100 Easy	100
Pull	20 x 50 Choice Pull on 0:55 Desc. 1 - 3, 4 - 5 silent swim	1000	16 x 50 Choice Pull on 1:00 Desc. 1 - 3, 4 - 5 silent swim	800	12 x 50 Choice Pull on 1:10 Desc. 1 - 3, 4 silent swim	600
	100 Easy	100	100 Easy	100	100 Easy	100
Main S.	2 x [6 x 100 Choice on 2:30] Desc. 1 - 3	1200	2 x [6 x 100 Choice on 2:30] Desc. 1 - 3	1200	2 x [6 x 75 Choice on 2:30] Desc. 1 - 3	900
	100 Easy between sets	200	100 Easy between sets	200	100 Easy between sets	200
Hypox.	800 Hypox. Free	800	600 Hypox. Free	600	400 Hypox. Free	400
	100 Easy	100	100 Easy	100	100 Easy	100
Total		4500		3900		3200