

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	4 x 200 IM reverse order	800	4 x 200 IM reverse order	800	4 x 150 IM reverse order (no fly)	600
	16 x 25 Fly on 0:45 Odd - Fast Even - Easy	400	16 x 25 Fly on 0:45 Odd - Fast Even - Easy	400	12 x 25 Fly on 1:00 Odd - Fast Even - Easy	300
	100 Easy	100	100 Easy	100	100 Easy	100
Main S.	3 x [100 Choice all out on 2:00 100 Choice Easy on 2:00 100 Choice Moderate on 2:00]	900	3 x [100 Choice all out on 2:15 100 Choice Easy on 2:15 100 Choice Moderate on 2:15]	900	3 x [100 Choice all out on 2:30 100 Choice Easy on 2:30 100 Choice Moderate on 2:30]	900
	100 Easy between sets	200	100 Easy between sets	200	100 Easy between sets	200
Kick	16 x 50 Kick on 1:10	800	12 x 50 Kick on 1:20	600	8 x 50 Kick on 1:30	400
Drills	6 x 100 Free on 2:30 minimum number of strokes	600	5 x 100 Free on 2:30 minimum number of strokes	500	4 x 100 Free on 2:45 minimum number of strokes	400
Hypox.	16 x 25 Hypox, on 0:45	400	16 x 25 Hypox, on 0:45	400	8 x 25 Hypox, on 1:00	200
W.D.	100 Easy	100	100 Easy	100	100 Easy	100
Total		4300		4000		3200