

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	300 Breast 300 Kick 300 Free	900	300 Breast 200 Kick 300 Free	800	200 Breast 200 Kick 200 Free	600
Sprint	16 x 25 IM on 0:45	400	16 x 25 IM on 0:45	400	12 x 25 IM on 1:00	300
	100 Easy	100	100 Easy	100	100 Easy	100
Kick	6 x 100 Kick on 2:30 Alt Free/Back every 100	600	5 x 100 Kick on 2:45 Alt Free/Back every 100	500	4 x 100 Kick on 3:00 Alt Free/Back every 100	400
Mian S.	4 x [ 5 x 100 Choice on 2:15 ] Desc. 1 - 5	2000	4 x [ 5 x 100 Choice on 2:15 ] Desc. 1 - 5	2000	2 x [ 5 x 75 Choice on 2:15 ] Desc. 1 - 5	750
	100 Easy between sets	200	100 Easy between sets	200	75 Easy between sets	150
Hypox.	16 x 25 Free on 1:00 [ no breath ]	400	16 x 25 Free on 1:00 [ no breath ]	400	16 x 25 Free on 1:00 [ one breath for each 25 ]	400
W.D.	100 Easy	100	100 Easy	100	100 Easy	100
<b>Total</b>		<b>4700</b>		<b>4500</b>		<b>2800</b>