

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	800 Free	800	700 Free	700	600 Free	500
Sprint	8 x 25 Kick on 0:50 [25 all out + 25 easy]	200	8 x 25 Kick on 0:50 [25 all out + 25 easy]	200	8 x 25 Kick on 0:50 [25 all out + 25 easy]	200
	8 x 25 Choice on 0:45 [25 all out + 25 easy]	200	8 x 25 Choice on 0:45 [25 all out + 25 easy]	200	8 x 25 Choice on 0:45 [25 all out + 25 easy]	200
	100 Easy	100	100 Easy	100	100 Easy	100
Main S.	3 x [10 x 100 Free Pull on 1:30] long easy strokes	3000	3 x [8 x 100 Free Pull on 1:50] long easy strokes	2400	2 x [7 x 100 Free Pull on 2:00] long easy strokes	1400
	100 Easy between sets	300	100 Easy between sets	300	100 Easy between sets	200
Kick	12 x 50 Kick on 1:15	600	12 x 50 Kick on 1:15	600	6 x 50 Kick on 1:30	300
W.D.	100 Easy	100	100 Easy	100	100 Easy	100
Total		5300		4600		3000