

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	8 x 100 IM	800	7 x 100 IM	800	6 x 100 IM	600
Sprint	16 x 25 Choice on 0:50 [12.5 all out + 12.5 easy]	400	12 x 25 Choice on 0:50 [12.5 all out + 12.5 easy]	300	8 x 25 Choice on 1:00 [12.5 all out + 12.5 easy]	200
	100 Easy	100	100 Easy	100	100 Easy	100
Kick	12 x 50 Kick on 1:10 Odd - Free Even - Back	600	8 x 50 Kick on 1:20 Odd - Free Even - Back	400	6 x 50 Kick on 1:30 Odd - Free Even - Back	300
	100 Easy	100	100 Easy	100	100 Easy	100
Main S.	2 x [3 x 400 Choice on 6:00] Desc. 1 - 3	2400	2 x [3 x 400 Choice on 6:45] Desc. 1 - 3	2400	1 x [4 x 300 Choice on 7:30] Desc. 1 - 4	1200
	100 Easy between sets	200	100 Easy between sets	200	100 Easy between sets	200
Hypox.	16 x 25 Hypox. on 0:45 Odd - Free no breath Even - underwater Free kick	400	12 x 25 Free on 0:45 Odd - Free no breath Even - underwater Free kick	300	8 x 25 Free on 1:00 Odd - Free no breath Even - underwater Free kick	200
	100 Easy	100	100 Easy	100	100 Easy	100
Total		5100		4700		3000