

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	400 Drills 400 Free [breath every 4th]	800	400 Drills 300 Free [breath every 4th]	700	300 Drills 300 Free [breath every 4th]	600
Sprint	8 x 25 IM on 0:45 [10 All out + 15 easy]	200	8 x 25 IM on 0:45 [10 All out + 15 easy]	200	8 x 25 IM on 0:45 [10 All out + 15 easy]	200
Kick	8 x 25 IM Kick on 0:50 [Fast solid kick]	200	8 x 25 IM Kick on 0:50 [Fast solid kick]	200	8 x 25 IM Kick on 0:50 [Fast solid kick]	200
	100 Easy	100	100 Easy	100	100 Easy	100
Main S.	24 x 100 Choice on 1:45 Desc. 1-5	2400	20 x 100 Choice on 2:00 Desc. 1-5	2000	20 x 75 Choice on 1:45 Desc. 1-5	1500
	100 Easy	100	100 Easy	100	100 Easy	100
Pull	1000 Free Pull Every 4th 50 hard	1000	800 Free Pull Every 4th 50 hard	800	600 Free Pull Every 4th 50 hard	600
W.D.	200 Easy	200	200 Easy	200	100 Easy	100
Total		5000		4300		3400