

	ce		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	4 x 100 IM Swim 4 x 100 IM Kick	800	4 x 100 IM Swim 3 x 100 IM Kick	700	3 x 100 IM Swim 3 x 100 IM Kick	600
Sprint	20 x 25 Kick on 1:00 [12.5 All out + 12.5 Easy]	500	20 x 25 Choice on 1:00 [12.5 All out + 12.5 Easy]	500	20 x 25 Choice on 1:00 [12.5 All out + 12.5 Easy]	500
	100 Easy	100	100 Easy		100 Easy	100
Main S.	4 x 50 Choice on 1:00 4 x 100 Choice on 1:45 4 x 200 Choice on 3:00 4 x 100 Choice on 1:45 4 x 50 Choice on 1:00	2000	4 x 50 Choice on 1:00 4 x 100 Choice on 1:45 4 x 150 Choice on 3:00 4 x 100 Choice on 1:45 4 x 50 Choice on 1:00	1800	4 x 50 Choice on 1:00 4 x 75 Choice on 1:45 4 x 150 Choice on 3:15 4 x 75 Choice on 1:45 4 x 50 Choice on 1:00	1600
	100 Easy	100	100 Easy		100 Easy	100
Hypox.	600 Hypox.	600	500 Hypox.	500	400 Hypox.	400
W.D.	100 Easy	100	100 Easy		100 Easy	100
<b>Total</b>		<b>4200</b>		<b>3500</b>		<b>3400</b>