

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	2 x 400 IM Swim	800	2 x 400 IM Swim	800	2 x 300 IM Swim	600
Sprint	8 x [ 25 Choice All out + 75 Easy ] on 2:30	800	8 x [ 25 Choice All out + 75 Easy ] on 2:30	800	8 x [ 25 Choice All out + 75 Easy ] on 2:30	800
Kick	4 x 100 Kick on 2:15 Alternate Free/Breast	400	4 x 75 Kick on 2:15 Alternate Free/Breast	300	4 x 75 Kick on 2:15 Alternate Free/Breast	300
	100 Easy	100	100 Easy	100	100 Easy	100
Main S.	2 x [ 6 x 50 Choice on 1:00 ] Fast	600	2 x [ 6 x 50 Choice on 1:05 ] Hold 104-107 of Treshold S.	600	2 x [ 6 x 50 Choice on 1:10 ] Hold 104-107 of Treshold S.	600
	100 Easy between sets	200	100 Easy between sets	200	100 Easy between sets	200
Pull	2 x 300 Pull Free on 4:30 Easy swim	600	2 x 250 Pull Free on 4:30 Easy swim	500	2 x 200 Pull Free on 4:30 Easy swim	400
W.D.	200 Easy	200	200 Easy	200	200 Easy	200
Total		3700		3500		3200