

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	800 Drills	800	600 Drills	600	600 Drills	600
	8 x 25 Breast on 0:45	200	8 x 25 Breast on 0:45	200	8 x 25 Breast on 0:45	200
Kick	8 x 25 Kick on 0:50 Odd - Back Fly Even - Free	200	8 x 25 Kick on 0:50 Odd - Back Fly Even - Free	200	8 x 25 Kick on 0:50 Odd - Back Fly Even - Free	200
	100 Easy	100	100 Easy	100	100 Easy	100
Main S.	4 x [ 6 x 25 Choice on 0:30 1, 2, 4, 5 Fast, 3, 6 Easy ]	600	4 x [ 6 x 25 Choice on 0:30 1, 2, 4, 5 Fast, 3, 6 Easy ]	600	4 x [ 6 x 25 Choice on 0:30 1, 2, 4, 5 Fast, 3, 6 Easy ]	600
	50 Easy between sets	200	50 Easy between sets	200	50 Easy between sets	200
Main S.	6 x 100 Choice on 1:45 Hold 104-107 of Treshold S.	600	5 x 100 Choice on 2:00 Hold 104-107 of Treshold S.	500	4 x 100 Choice on 2:15 Hold 104-107 of Treshold S.	400
	100 Easy	100	100 Easy	100	100 Easy	100
Pull	500 Pull Free	500	500 Pull Free	500	400 Pull Free	400
W.D.	200 Easy	200	200 Easy	200	200 Easy	200
<b>Total</b>		<b>3500</b>		<b>3200</b>		<b>3000</b>