

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	400 Drills 400 Free [breath every 4th]	800	300 Drills 300 Free [breath every 4th]	600	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.	3 x [ 5 x 100 Choice on 2:15 ] Desc. 1-5	1500	3 x [ 5 x 75 Choice on 2:15 ] Desc. 1-5	1125	4 x [ 5 x 75 Choice on 2:15 ] Desc. 1-5	1125
	100 Easy between sets	300	75 Easy between sets	225	75 Easy between sets	225
Pull	2 x 500 Free Pull on 7:30	1000	2 x 400 Free Pull on 7:30	800	2 x 300 Free Pull on 7:30	600
W.D.	200 Easy	200	200 Easy	200	200 Easy	200
Total		4300		3450		3250