

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
<b>W.U.</b>	4 x 100 IM Swim 4 x 100 IM Kick	<b>800</b>	4 x 100 IM Swim 3 x 100 IM Kick	<b>700</b>	3 x 100 IM Swim 2 x 100 IM Kick	<b>500</b>
<b>Sprint</b>	20 x 25 Choice on 1:00 1 -3 All out, 4 - Easy	<b>500</b>	20 x 25 Choice on 1:00 1 -3 All out, 4 - Easy	<b>500</b>	20 x 25 Choice on 1:00 1 -3 All out, 4 - Easy	<b>500</b>
	100 Easy	<b>100</b>	100 Easy		100 Easy	<b>100</b>
<b>Main S.</b>	4 x 400 Free on 6:00 Desc. 1 - 4	<b>1600</b>	4 x 300 Free on 6:00 Desc. 1 - 4	<b>1200</b>	3 x 300 Free on 6:00 Desc. 1 - 4	<b>900</b>
	100 Easy		100 Easy	<b>100</b>	100 Easy	<b>100</b>
<b>Kick</b>	2 x [ 10 x 50 Choice on 1:15 ]	<b>1000</b>	2 x [ 8 x 50 Choice on 1:20 ]	<b>800</b>	2 x [ 7 x 50 Choice on 1:20 ]	<b>700</b>
	100 Easy between sets	<b>200</b>	100 Easy between sets	<b>200</b>	100 Easy between sets	<b>200</b>
<b>Hypox.</b>	600 Hypox.	<b>600</b>	500 Hypox.	<b>500</b>	300 Hypox.	<b>300</b>
<b>W.D.</b>	100 Easy	<b>100</b>	100 Easy		100 Easy	<b>100</b>
<b>Total</b>		<b>4900</b>		<b>4000</b>		<b>3400</b>