

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	300 Swim 300 Kick 300 Pull	900	200 Swim 200 Kick 200 Pull	600	200 Swim 100 Kick 200 Pull	500
Sprint	16 x 25 All out on 1:00 Alternate Free/Back	400	16 x 25 All out on 1:00 Alternate Free/Back	400	12 x 25 All out on 1:00 Alternate Free/Back	300
Kick	16 x 50 Kick on 1:15 Alternate Free/Back	800	14 x 50 Kick on 1:25 Alternate Free/Back	700	10 x 50 Kick on 1:40 Alternate Free/Back	500
	100 Easy	100	100 Easy	100	100 Easy	100
Main S.	4 x [12 x 50 Choice on 1:00] Desc. 1-4	2400	4 x [12 x 50 Choice on 1:05] Desc. 1-4	2400	3 x [8 x 50 Choice on 1:15] Desc. 1-4	1200
	100 Easy between sets of 12	400	100 Easy between sets	400	100 Easy between sets	300
Pull	400 Pull	400	300 Pull	300	300 Pull	300
W.D.	100 Easy	100	100 Easy	100	100 Easy	100
Total		5500		5000		3300