

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	4 x 200 IM	800	4 x 200 IM	800	3 x 200 IM	600
Sprint	16 x 50 IM on 1:00	800	14 x 50 IM on 1:00	700	10 x 50 IM on 1:00	500
	100 Easy	100	100 Easy	100	100 Easy	100
Kick	16 x 25 Kick on 1:00 [12.5 All out + 12.5 Easy]	400	16 x 25 Kick on 1:00 [12.5 All out + 12.5 Easy]	400	12 x 25 Kick on 1:00 [12.5 All out + 12.5 Easy]	300
	100 Easy	100	100 Easy	100	100 Easy	100
Main S.	3 x [ 2 x 50 Alt Fr/Choice on 1:00 2 x 100 Alt Fr/Choice on 2:00 2 x 50 Alt Fr/Choice on 1:00 ] Odd - Easy Even - Fast	1200	3 x [ 2 x 50 Alt Fr/Choice on 1:10 2 x 100 Alt Fr/Choice on 2:20 2 x 50 Alt Fr/Choice on 1:10 ] Odd - Easy Even - Fast	1200	2 x [ 2 x 50 Alt Fr/Choice on 1:20 2 x 100 Alt Fr/Choice on 2:40 2 x 50 Alt Fr/Choice on 1:20 ] Odd - Easy Even - Fast	800
	100 Easy between sets	200	100 Easy between sets	200	100 Easy between sets	200
Drills	600 Drills	600	400 Drills	400	300 Drills	300
W.D.	100 Easy	100	100 Easy	100	100 Easy	100
Total		4300		4000		3000