

	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	
Kick	10 x 50 Kick on 1:15	500	10 x 50 Kick on 1:15	500	10 x 50 Kick on 1:15	500	
Main S.	6 x [4 x 25 Choice on 1:00 all out 1 x 400 Free Moderate]	3000	6 x [4 x 25 Choice on 1:00 all out 1 x 350 Free Moderate]	2700	4 x [4 x 25 Choice on 1:00 all out 1 x 300 Free Moderate]	1600	
W.D.	200 Easy	200	200 Easy	200	200 Easy	200	
Total		4500		4000		2900	
						WEEK :	21
						DAY :	5