

	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	8 x 100 IM on 2:00 IM reverse order	800	5 x 100 IM on 2:20 IM reverse order	500	4 x 100 IM on 2:30 IM reverse order	400
	100 Easy	100	100 Easy	100	100 Easy	100
Kick	16 x 25 Kick on 1:00 Fast	400	16 x 25 Kick on 1:00 Fast	400	12 x 25 Kick on 1:00 Fast	300
	100 Easy	100	100 Easy	100	100 Easy	100
Main S.	40 x 50 Choice on 1:00 Hold 104-107 of Treshold S. Easy every 4th	2000	32 x 50 Choice on 1:15 Hold 104-107 of Treshold S. Easy every 4th	1600	20 x 50 Choice on 1:20 Hold 104-107 of Treshold S. Easy every 4th	1000
	100 Easy between sets	400	100 Easy between sets	400	100 Easy between sets	400
Pull	600 Pull Free	600	500 Pull Free	500	300 Pull Free	300
W.D.	100 Easy	100	100 Easy	100	100 Easy	100
Total		5300		4500		3300
					WEEK :	22
					DAY :	3