

	ce		Group II		Group III		
	Set	meters	Set	meters	Set	meters	
W.U.	4 x 100 IM Swim 4 x 100 IM Kick	800	4 x 100 IM Swim 3 x 100 IM Kick	700	3 x 100 IM Swim 2 x 100 IM Kick	500	
Sprint	20 x 25 Kick on 1:00 [12.5 All out + 12.5 Easy]	500	20 x 25 Choice on 1:00 [12.5 All out + 12.5 Easy]	500	20 x 25 Choice on 1:00 [12.5 All out + 12.5 Easy]	500	
	100 Easy	100	100 Easy		100 Easy	100	
Main S.	2 x [ 2 x 50 Choice on 1:00 2 x 100 Choice on 1:45 2 x 200 Choice on 3:00 2 x 100 Choice on 1:45 2 x 50 Choice on 1:00 ] Odd - Easy Even - Fast	2000	2 x [ 2 x 50 Choice on 1:00 2 x 100 Choice on 1:45 2 x 150 Choice on 3:00 2 x 100 Choice on 1:45 2 x 50 Choice on 1:00 ] Odd - Easy Even - Fast	1800	2 x [ 2 x 50 Choice on 1:00 2 x 75 Choice on 1:45 2 x 150 Choice on 3:15 2 x 75 Choice on 1:45 2 x 50 Choice on 1:00 ] Odd - Easy Even - Fast	1600	
	100 Easy between sets	200	100 Easy between sets	200	100 Easy between sets	200	
Hypox.	600 Hypox.	600	500 Hypox.	500	300 Hypox.	300	
W.D.	100 Easy	100	100 Easy		100 Easy	100	
<b>Total</b>		<b>4300</b>		<b>3700</b>		<b>3300</b>	
						WEEK :	22
						DAY :	7