

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	200 Breast 200 Breast Kick 200 Breas Pull	600	200 Breast 200 Breast Kick 200 Breas Pull	600	200 Breast 200 Breast Kick 200 Breas Pull	600
Kick	16 x 50 Kick on 1:10 1,2,3 - Free 4 - Breast	800	14 x 50 Kick on 1:15 1,2,3 - Free 4 - Breast	700	12 x 50 Kick on 1:20 1,2,3 - Free 4 - Breast	600
	100 Easy	100	100 Easy	100	100 Easy	100
Sprint	16 x 25 Choice on 0:50 [6 strokes all out + easy]	400	16 x 25 Choice on 0:50 [6 strokes all out + easy]	400	16 x 25 Choice on 0:50 [6 strokes all out + easy]	400
	100 Easy	100	100 Easy	100	100 Easy	100
Main S.	6 x 200 Choice on 4:00 1,2 - 80-90% of Max S. 3 - Easy	1200	6 x 200 Choice on 4:30 1,2 - 80-90% of Max S. 3 - Easy	1200	6 x 150 Choice on 4:00 1,2 - 80-90% of Max S. 3 - Easy	900
W.D.	100 Easy	100	100 Easy	100	100 Easy	100
Total		3300		3200		2800
					WEEK :	23
					DAY :	3