

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	1000 W.U. Choice	1000	800 W.U. Choice	800	600 W.U. Choice	600
Kick	16 x 25 Kick on 0:45 1,2,3 - medium 4 - All out	400	16 x 25 Kick on 0:45 1,2,3 - medium 4 - All out	400	16 x 25 Kick on 0:45 1,2,3 - medium 4 - All out	400
Drills	600 Catch up. No breathing after turns.	600	400 Catch up. No breathing after turns.	400	300 Catch up. No breathing after turns.	300
Main S.	15 x 50 Choice on 0:55 1,2 - easy, 3 - fast	750	12 x 50 Choice on 1:05 1,2 - easy, 3 - fast	600	10 x 50 Choice on 1:20 1,2 - easy, 3 - fast	500
W.D.	150 Easy	150	100 Easy	100	100 Easy	100
<b>Total</b>		<b>2900</b>		<b>2300</b>		<b>1900</b>
						WEEK : 23
						DAY : 7