

	Group I		Group II		Group III		
	Set	meters	Set	meters	Set	meters	
W.U.	300 Kick 300 Swim 300 Pull	900	300 Kick 300 Swim 300 Pull	900	200 Kick 300 Swim 200 Pull	700	
	8 x 50 Pull on 1:00	400	8 x 50 Pull on 1:00	400	8 x 50 Pull on 1:00	400	
	4 x (25 sprint + 75 easy)	400	4 x (25 sprint + 75 easy)	400	4 x (25 sprint + 75 easy)	400	
	2 x 50 Choice All out	100	2 x 50 Choice	100	2 x 50 Choice	100	
	400 Drills	400	400 Drills	400	300 Drills	300	
Main S.	2 x [4 x 100 Choice on 2:00 Odd - Easy Even - All out]	800	2 x [4 x 100 Choice on 2:15 Odd - Easy Even - All out]	800	1 x [4 x 100 Choice on 2:30 Odd - Easy Even - All out]	400	
Kick	100 easy	100	100 easy	100	100 easy	100	
	6 x 100 Kick on 2:10	600	6 x 100 Kick on 2:10	600	6 x 75 Kick on 2:10	450	
W.D.	200 Warm down	200	200 Warm down	200	200 Warm down	200	
Total		3900		3900		3050	
						WEEK :	24
						DAY :	1