

	ce		Group II		Group III	
	Set	meters	Set	meters	Set	meters
<b>W.U.</b>	200 Swim 200 Drills 200 Kick	<b>600</b>	200 Swim 200 Drills 200 Kick	<b>600</b>	200 Swim 200 Drills 200 Kick	<b>600</b>
	8 x 25 on 0:45 alt 3 strokes fly/ 3 strokes breast	<b>200</b>	8 x 25 on 0:45 alt 3 strokes fly/ 3 strokes breast	<b>200</b>	8 x 25 on 0:45 alt 3 strokes fly/ 3 strokes breast	<b>200</b>
	8 x 25 Kick on 0:45 even - alt side kick odd - free or fly no board	<b>200</b>	8 x 25 Kick on 0:45 even - alt side kick odd - free or fly no board	<b>200</b>	8 x 25 Kick on 0:45 even - alt side kick odd - free or fly no board	<b>200</b>
<b>Main S.</b>	4 x 150 Choice on 3:00 Desc 1-3	<b>600</b>	4 x 150 Choice on 3:00 Desc 1-3	<b>600</b>	4 x 150 Choice on 3:00 Desc 1-3	<b>600</b>
	100 easy	<b>100</b>	100 easy	<b>100</b>	100 easy	<b>100</b>
<b>Kick</b>	6 x 50 Kick Choice on 1:10	<b>300</b>	6 x 50 Kick Choice on 1:10	<b>300</b>	6 x 50 Kick Choice on 1:10	<b>300</b>
	6 x 50 Pull Free on 1:00	<b>300</b>	6 x 50 Pull Free on 1:00	<b>300</b>	6 x 50 Pull Free on 1:00	<b>300</b>
<b>Main S.</b>	2 x 1000 Free on 15:00	<b>2000</b>	2 x 800 Free on 13:00	<b>1600</b>	2 x 500 Free on 8:00	<b>1000</b>
<b>W.D.</b>	200 Warm down	<b>200</b>	200 Warm down	<b>200</b>	200 Warm down	<b>200</b>
<b>Total</b>		<b>4500</b>		<b>4100</b>		<b>3500</b>
					<b>WEEK :</b>	<b>24</b>
					<b>DAY :</b>	<b>5</b>