

	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	
	16 x 25 Fly on 0:45 group of 4 1 - arms Fly, kick Free 2 - one arm Fly 3 - one arm Fly 4 - Fly sprint	400	16 x 25 Fly on 0:45 group of 4 1 - arms Fly, kick Free 2 - one arm Fly 3 - one arm Fly 4 - Fly sprint	400	16 x 25 Fly on 0:45 group of 4 1 - arms Fly, kick Free 2 - one arm Fly 3 - one arm Fly 4 - Fly sprint	400	
Main S.	6 x [4 x 25 Choice on 1:00 all out 1 x 400 Free Moderate]	3000	6 x [4 x 25 Choice on 1:00 all out 1 x 350 Free Moderate]	2700	6 x [4 x 25 Choice on 1:00 all out 1 x 200 Free Moderate]	1800	
Kick	600 easy kick	600	400 easy kick	400	300 easy kick	300	
W.D.	100 Warm down	100	100 Warm down	100	100 Warm down	100	
Total		5100		4400		3200	
						WEEK :	25
						DAY :	3