

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	4 x 100 IM Swim 4 x 100 IM Kick	800	4 x 100 IM Swim 3 x 100 IM Kick	700	3 x 100 IM Swim 3 x 100 IM Kick	600
Kick	20 x 25 Kick on 1:00	500	20 x 25 Choice on 1:00	500	20 x 25 Choice on 1:00	500
	100 Easy	100	100 Easy	100	100 Easy	100
Main S.	4 x 600 Free on 8:00	2400	4 x 500 Free on 8:00	2000	4 x 400 Free on 8:00	1600
	100 Easy	100	100 Easy	100	100 Easy	100
Hypox.	12 x 50 Free Hypox. On 1:05	600	10 x 50 Free Hypox. On 1:10	600	9 x 50 Free on 1:15	450
W.D.	100 Easy	100	100 Easy	100	100 Easy	100
Total		4600		4100		3450
						WEEK : 1
						DAY : 1