

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	8 x 100 IM	800	8 x 100 IM	800	6 x 100 IM	600
Kick	16 x 25 Kick on 1:00 stay under water until read line	400	16 x 25 Kick on 1:00 stay under water until read line	400	16 x 25 Kick on 1:00 stay under water until read line	400
	100 Easy	100	100 Easy	100	100 Easy	100
Main S.	3 x 1000 1st - free 2nd - pull free 3rd - 75 free + 25 back	3000	3 x 800 1st - free 2nd - pull free 3rd - 75 free + 25 back	2400	3 x 700 1st - free 2nd - pull free 3rd - 75 free + 25 back	2100
	100 Easy between sets	300	100 Easy between sets	300	100 Easy between sets	300
Drill	6 x 100 Drills Free	600	6 x 100 Drills Free	600	6 x 100 Drills Free	600
W.D.	100 Easy	100	100 Easy	100	100 Easy	100
Total		5300		4700		4200
					WEEK :	1
					DAY :	5