

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	4 x 200 IM	800	4 x 200 IM	800	3 x 200 IM	600
Kick	16 x 25 Kick on 1:00 Odd - Free no borad Even - one arm up	400	16 x 25 Kick on 1:00 Odd - Free no borad Even - one arm up	400	16 x 25 Kick on 1:00 Odd - Free no borad Even - one arm up	400
	100 Easy	100	100 Easy	100	100 Easy	100
Main S.	4 x [4 x 50 Choice on 0:50, 0:45, 0:40] 1,2,3 thershold speed, 4 fast	800	4 x [4 x 50 Choice on 0:55, 0:50, 0:45] 1,2,3 thershold speed, 4 fast	800	4 x [3 x 50 Choice on 1:05, 1:00, 0:55] 1,2,3 thershold speed, 4 fast	600
	50 Easy between sets	200	50 Easy between sets	200	50 Easy between sets	200
Main S.	10 x 200 on 3:15 [alt. Free/Back each 25]	2000	8 x 200 on 3:30 [alt. Free/Back each 25]	1600	10 x 150 on 3:15 [alt. Free/Back each 25]	1500
Pull	800 Pull Free	800	800 Pull Free	800	700 Pull Free	700
W.D.	100 Easy	100	100 Easy	100	100 Easy	100
Total		5200		4800		4200
					WEEK :	2
					DAY :	3