

	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	8 x 25 Kick on 0:45 10 m all out	200	8 x 25 Kick on 0:45 10 m all out	200	8 x 25 Kick on 0:45 10 m all out	200
Drill	10 x 50 Free on 1:15 Flip turn and jump UP on shallow end before the wall	500	10 x 50 Free on 1:15 Flip turn and jump UP on shallow end before the wall	500	8 x 50 Free on 1:30 Flip turn and jump UP on shallow end before the wall	400
Drill	16 x 25 on 0:50 Odd - Arms Breast + Kick Fly Even - Free	400	16 x 25 on 0:50 Odd - Arms Breast + Kick Fly Even - Free	400	16 x 25 on 0:50 Odd - Arms Breast + Kick Fly Even - Free	400
	100 Easy	100	100 Easy	100	100 Easy	100
Main S.	2 x [5 x 200 Choice on 3:30] Desc. 1 - 5	2000	2 x [4 x 200 Choice on 4:00] Desc. 1 - 4	1600	1 x [5 x 150 Choice on 3:30] Desc. 1 - 5	750
	100 Easy between sets	200	100 Easy between sets	200	100 Easy between sets	200
Pull	600 Pull Free	600	600 Pull Free	600	600 Pull Free	600
W.D.	100 Easy	100	100 Easy	100	100 Easy	100
Total		4900		4500		3350
					WEEK :	4
					DAY :	3