

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
<b>W.U.</b>	300 Swim 300 Kick 300 Pull	<b>900</b>	300 Swim 200 Kick 300 Pull	<b>800</b>	200 Swim 200 Kick 100 Pull	<b>500</b>
<b>Sprint</b>	8 x 25 Choice build on 1:00	<b>200</b>	8 x 25 Choice build on 1:00	<b>200</b>	8 x 25 Choice build on 1:00	<b>200</b>
	100 Easy	<b>100</b>	100 Easy	<b>100</b>	100 Easy	<b>100</b>
<b>Kick</b>	8 x 50 Kick Free on 1:20	<b>400</b>	8 x 50 Kick Free on 1:20	<b>400</b>	6 x 50 Kick Free on 1:30	<b>300</b>
	100 Easy	<b>100</b>	100 Easy	<b>100</b>	100 Easy	<b>100</b>
<b>Main S.</b>	3 x [ 6 x 100 Choice on 2:15 ] Desc. 1 - 3	<b>1800</b>	3 x [ 6 x 100 Choice on 2:15 ] Desc. 1 - 3	<b>1800</b>	2 x [ 4 x 100 Choice on 2:45 ] Desc. 1 - 3	<b>800</b>
	100 Easy between sets	<b>300</b>	100 Easy between sets	<b>300</b>	100 Easy between sets	<b>300</b>
	1000 Free	<b>1000</b>	800 Free	<b>800</b>	600 Free	<b>600</b>
<b>Pull</b>	10 x 50 Choice Pull on 0:50	<b>500</b>	10 x 50 Choice Pull on 1:00	<b>500</b>	8 x 50 Choice Pull on 1:15	<b>400</b>
	100 Easy	<b>100</b>	100 Easy	<b>100</b>	100 Easy	<b>100</b>
<b>Total</b>		<b>5400</b>		<b>5100</b>		<b>3400</b>
						<b>WEEK :</b> 6
						<b>DAY :</b> 1