

	Group I		Group II		Group III		
	Set	meters	Set	meters	Set	meters	
<b>W.U.</b>	3 x 200 IM reverse order	<b>600</b>	3 x 200 IM reverse order	<b>600</b>	3 x 200 IM reverse order	<b>600</b>	
	12 x 25 Arms Fly, Kick Free on 0:45 every 4th one arm fly	<b>300</b>	12 x 25 Arms Fly, Kick Free on 0:45 every 4th one arm fly	<b>300</b>	12 x 25 Arms Fly, Kick Free on 0:45 every 4th one arm fly	<b>300</b>	
	100 Easy	<b>100</b>	100 Easy	<b>100</b>	100 Easy	<b>100</b>	
<b>Main S.</b>	2 x [ 5 x 200 Free on 3:15 ]	<b>2000</b>	2 x [ 4 x 200 Free on 4:00 ]	<b>1600</b>	2 x [ 4 x 150 Free on 3:15 ]	<b>1200</b>	
	100 Easy between sets	<b>200</b>	100 Easy between sets	<b>200</b>	100 Easy between sets	<b>200</b>	
<b>Kick</b>	10 x 50 Kick on 1:15 Odd - Back on the side Even - Free	<b>500</b>	10 x 50 Kick on 1:15 Odd - Back on the side Even - Free	<b>500</b>	8 x 50 Kick on 1:30 Odd - Back on the side Even - Free	<b>400</b>	
<b>Pull</b>	6 x 100 Free Pull minimum number of strokes	<b>600</b>	5 x 100 Free Pull minimum number of strokes	<b>500</b>	4 x 100 Free Pull minimum number of strokes	<b>400</b>	
<b>W.D.</b>	100 Easy	<b>100</b>	100 Easy	<b>100</b>	100 Easy	<b>100</b>	
<b>Total</b>		<b>4400</b>		<b>3900</b>		<b>3300</b>	
						<b>WEEK :</b>	<b>6</b>
						<b>DAY :</b>	<b>3</b>