

	Group I		Group II		Group III		
	Set	meters	Set	meters	Set	meters	
<b>W.U.</b>	400 Drills 200 Kick 200 Swim	<b>800</b>	400 Drills 200 Kick 100 Swim	<b>700</b>	300 Drills 100 Kick 100 Swim	<b>500</b>	
<b>Sprint</b>	12 x 25 Fly on 0:50 [ breath every 3rd ]	<b>300</b>	12 x 25 Fly on 0:50 [ breath every 3rd ]	<b>300</b>	8 x 25 Fly on 1:00	<b>200</b>	
	100 Easy	<b>100</b>	100 Easy	<b>100</b>	100 Easy	<b>100</b>	
<b>Main S.</b>	2 x [ 4 x 200 Choice on 2:50 ] Go no slower than PB + 10	<b>1600</b>	2 x [ 3 x 200 Choice on 3:30 ] Go no slower than PB + 10	<b>1200</b>	2 x [ 3 x 150 Choice on 3:00 ] Go no slower than PB + 20	<b>900</b>	
	100 Easy between sets	<b>200</b>	100 Easy between sets	<b>200</b>	100 Easy between sets	<b>200</b>	
<b>Pull</b>	2 x [ 12 x 50 Free Pull on 0:55 ] Desc. 1 - 3	<b>1200</b>	2 x [ 10 x 50 Free Pull on 1:05 ] Desc. 1 - 3	<b>1000</b>	2 x [ 8 x 50 Free Pull on 1:20 ] Desc. 1 - 3	<b>800</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>	400 Kick Free	<b>400</b>	300 Kick Free	<b>300</b>	200 Kick Free	<b>200</b>	
	100 Easy	<b>100</b>	100 Easy	<b>100</b>	100 Easy	<b>100</b>	
<b>Total</b>		<b>4900</b>		<b>4100</b>		<b>3200</b>	
						<b>WEEK :</b>	<b>8</b>
						<b>DAY :</b>	<b>1</b>