

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	300 Swim 300 Kick 300 Pull	900	300 Swim 200 Kick 200 Pull	700	200 Swim 200 Kick 100 Pull	500
Kick	8 x 75 Kick on 1:50	600	7 x 75 Kick on 2:00	600	6 x 75 Kick on 2:10	450
	100 Easy	100	100 Easy	100	100 Easy	100
Sprint	8 x 25 Choice on 0:45 Odd - Fast Even - Easy	200	8 x 25 Choice on 0:45 Odd - Fast Even - Easy	200	8 x 25 Choice on 0:45 Odd - Fast Even - Easy	200
Main S.	2 x [6 x 150 Choice on 4:00] 80-90% Maximum Speed	1800	2 x [5 x 150 Choice on 4:15] 80-90% Maximum Speed	1500	2 x [4 x 150 Choice on 4:30] 80-90% Maximum Speed	1200
	200 Easy between sets	400	200 Easy between sets	400	100 Easy between sets	200
Drills	8 x 100 Drills [Swim IM by 100, as little strokes as possible]	800	7 x 100 Drills [Swim IM by 100, as little strokes as possible]	700	6 x 100 Drills [Swim IM by 100, as little strokes as possible]	600
W.D.	200 Easy	200	200 Easy	200	100 Easy	100
Total		5000		4400		3350
					WEEK :	8
					DAY :	3