

	Group I		Group II		Group III		
	Set	meters	Set	meters	Set	meters	
<b>W.U.</b>	6 x 100 IM 200 Kick	<b>800</b>	5 x 100 IM 200 Kick	<b>700</b>	4 x 100 IM 100 Kick	<b>500</b>	
<b>Sprint</b>	12 x 25 Alt. Fly/Choice on 1:00 [ 12.5 all out + 12.5 easy ]	<b>300</b>	12 x 25 Alt. Fly/Choice on 1:00 [ 12.5 all out + 12.5 easy ]	<b>300</b>	12 x 25 Alt. Fly/Choice on 1:00 [ 12.5 all out + 12.5 easy ]	<b>300</b>	
	100 Easy	<b>100</b>	100 Easy	<b>100</b>	100 Easy	<b>100</b>	
<b>Main S.</b>	2 x [ 6 x 150 Choice on 2:10 ] 104-107 of Treshold	<b>1800</b>	2 x [ 5 x 150 Choice on 2:30 ] 104-107 of Treshold	<b>1500</b>	2 x [ 4 x 150 Choice on 2:30 ] 104-107 of Treshold	<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>	16 x 50 Kick on 1:15 Alt. Free/Back each 50	<b>800</b>	14 x 50 Kick on 1:25 Alt. Free/Back each 50	<b>700</b>	10 x 50 Kick on 1:35 Alt. Free/Back each 50	<b>500</b>	
	100 Easy	<b>100</b>	100 Easy	<b>100</b>	100 Easy	<b>100</b>	
<b>Pull</b>	2 x [ 6 x 50 Free Pull on 1:30 ] 80-90% of Maximum Speed	<b>600</b>	2 x [ 4 x 50 Free Pull on 1:40 ] 80-90% of Maximum Speed	<b>400</b>	2 x [ 3 x 50 Free Pull on 1:45 ] 80-90% of Maximum Speed	<b>300</b>	
<b>W.D.</b>	100 Easy between sets	<b>200</b>	100 Easy between sets	<b>200</b>	100 Easy between sets	<b>200</b>	
<b>Total</b>		<b>4900</b>		<b>4200</b>		<b>3400</b>	
						<b>WEEK :</b>	<b>8</b>
						<b>DAY :</b>	<b>5</b>