

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	3 x 300 IM no Fly	900	3 x 300 IM no Fly	900	3 x 200 IM no Fly	600
Sprint	6 x 25 Choice on 1:00 [ all out ] start from blocks	150	6 x 25 Choice on 1:00 [ all out ] start from blocks	150	6 x 25 Choice on 1:00 [ all out ] start from blocks	150
	100 Easy	100	100 Easy	100	100 Easy	100
	6 x 25 Free on 1:00 [ all out ] start from blocks	150	6 x 25 Free on 1:00 [ all out ] start from blocks	150	6 x 25 Free on 1:00 [ all out ] start from blocks	150
	100 Easy	100	100 Easy	100	100 Easy	100
Main S.	3 x [ 4 x 100 Choice on 3:00 ] 90-100% of Max. Speed	1200	3 x [ 4 x 100 Choice on 3:15 ] 90-100% of Max. Speed	1200	2 x [ 3 x 100 Choice on 3:00 ] 90-100% of Max. Speed	600
	100 Easy between sets	200	100 Easy between sets	200	100 Easy between sets	200
Main S.	4 x 400 Free on 6:00 100% Treshold + last one fast	1600	4 x 300 Free on 6:00 100% Treshold + last one fast	1200	3 x 250 Free on 6:30 100% Treshold + last one fast	750
	100 Easy	100	100 Easy	100	100 Easy	100
Kick	6 x 100 Easy Kick	600	5 x 100 Easy Kick	500	4 x 100 Easy Kick	400
W.D.	100 Easy	100	100 Easy	100	100 Easy	100
Total		5200		4700		3250
					WEEK :	8
					DAY :	7