

	Group I		Group II		Group III		
	Set	meters	Set	meters	Set	meters	
<b>W.U.</b>	400 Drills 200 Kick	<b>600</b>	400 Drills 200 Kick	<b>600</b>	300 Drills 100 Kick	<b>400</b>	
<b>Sprint</b>	12 x 25 Alt. Fly/Breast on 0:50 Fly fast, Breast easy	<b>300</b>	12 x 25 Alt. Fly/Breast on 0:50 Fly fast, Breast easy	<b>300</b>	12 x 25 Alt. Fly/Breast on 0:50 Fly fast, Breast 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 [ 4 x 250 Choice on 4:00 ] First Set:200+20 s.rest+50 fast Second Set: Desc. 1 - 4	<b>2000</b>	2 x [ 4 x 200 Choice on 4:00 ] First Set:200+20 s.rest+50 fast Second Set: Desc. 1 - 4	<b>1600</b>	2 x [ 4 x 150 Choice on 4:00 ] First Set:200+20 s.rest+50 fast Second Set: Desc. 1 - 4	<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>Pull</b>	2 x [ 6 x 100 Free Pull on 1:40 ] 4 strokes fast , 4 strokes easy	<b>1200</b>	2 x [ 5 x 100 Free Pull on 2:00 ] 4 strokes fast , 4 strokes easy	<b>1000</b>	2 x [ 4 x 100 Free Pull on 2:15 ] 4 strokes fast , 4 strokes easy	<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>	8 x 50 Kick Free on 1:20	<b>400</b>	8 x 50 Kick Free on 1:20	<b>400</b>	6 x 50 Kick Free on 1:30	<b>300</b>	
	100 Easy	<b>100</b>	100 Easy	<b>100</b>	100 Easy	<b>100</b>	
<b>Total</b>		<b>5100</b>		<b>4500</b>		<b>3600</b>	
						<b>WEEK :</b>	<b>9</b>
						<b>DAY :</b>	<b>1</b>