

	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 200 Pull	600	
Kick	8 x 75 Kick on 2:00	600	8 x 75 Kick on 2:00	600	6 x 75 Kick on 2:00	450	
	100 Easy	100	100 Easy	100	100 Easy	100	
Main S.	4 x [6 x 100 Choice on 2:30] Odd - Easy Even - Fast	2400	4 x [5 x 100 Choice on 2:45] Odd - Easy Even - Fast	2000	3 x [4 x 100 Choice on 3:00] Odd - Easy Even - Fast	1200	
	200 Easy between sets	400	200 Easy between sets	400	100 Easy between sets	200	
Drills	8 x 100 Drills 1-2 : Catch up 3-4 : One arm Fly 5-6 : Breast 2 up 2 under 7 : One arm Back 8 : Back Kick with swiching shoulder up each 6 kicks	800	8 x 100 Drills 1-2 : Catch up 3-4 : One arm Fly 5-6 : Breast 2 up 2 under 7 : One arm Back 8 : Back Kick with swiching shoulder up each 6 kicks	800	6 x 100 Drills 1-2 : Catch up 3-4 : One arm Fly 5-6 : Breast 2 up 2 under 7 : One arm Back 8 : Back Kick with swiching shoulder up each 6 kicks	600	
W.D.	100 Easy	100	100 Easy	100	100 Easy	100	
Total		5300		4700		3250	
						WEEK :	9
						DAY :	3