

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	6 x 100 IM 200 Kick	800	5 x 100 IM 200 Kick	700	4 x 100 IM 100 Kick	500
Sprint	8 x 25 Alt. Free/Choice on 1:00 [ 12.5 all out + 12.5 easy ]	200	8 x 25 Alt. Free/Choice on 1:00 [ 12.5 all out + 12.5 easy ]	200	8 x 25 Alt. Free/Choice on 1:00 [ 12.5 all out + 12.5 easy ]	200
	100 Easy	100	100 Easy	100	100 Easy	100
Main S.	3 x [ 16 x 50 Choice on 0:45 ] 2 easy, 1 fast	2400	3 x [ 14 x 50 Choice on 0:55 ] 2 easy, 1 fast	2100	2 x [ 12 x 50 Choice on 1:05 ] 2 easy, 1 fast	1200
	100 Easy between sets	200	100 Easy between sets	200	100 Easy between sets	200
Kick	8 x 100 Kick Free on 2:15	800	8 x 100 Kick Free on 2:15	800	5 x 100 Kick Free on 2:45	500
	100 Easy	100	100 Easy	100	100 Easy	100
Pull	2 x [ 6 x 50 Free Pull on 1:30 ] 80-90% of Maximum Speed	600	2 x [ 4 x 50 Free Pull on 1:40 ] 80-90% of Maximum Speed	400	2 x [ 4 x 50 Free Pull on 1:45 ] 80-90% of Maximum Speed	400
W.D.	100 Easy between sets	200	100 Easy between sets	200	100 Easy between sets	200
Total		5400		4800		3400
					WEEK :	9
					DAY :	5