

	Group I		Group II		Group III		
	Set	meters	Set	meters	Set	meters	
W.U.	4 x 200 IM	800	4 x 200 IM	800	3 x 200 IM	600	
Sprint	8 x 50 Choice on 1:30 [25 all out + 25 easy]	400	8 x 50 Choice on 1:30 [25 all out + 25 easy]	400	6 x 50 Choice on 1:45 [25 all out + 25 easy]	300	
	100 Easy	100	100 Easy	100	100 Easy	100	
Main S.	2 x [8 x 100 alt. IM/Choice on 2:00 Odd - IM Easy, long strokes Even : 90-100 of Max Speed]	1600	2 x [8 x 100 alt. IM/Choice on 2:00 Odd - IM Easy, long strokes Even : 90-100 of Max Speed]	1600	2 x [5 x 100 alt. IM/Choice on 2:30 Odd - IM Easy, long strokes Even : 90-100 of Max Speed]	1000	
	100 Easy between sets	200	100 Easy between sets	200	100 Easy between sets	200	
Pull	4 x 300 Pull Free on 5:00 100% Treshold Speed	1200	4 x 250 Pull Free on 5:00 100% Treshold Speed	1000	3 x 250 Pull Free on 5:00 100% Treshold Speed	750	
	100 Easy	100	100 Easy	100	100 Easy	100	
Kick	12x 50 Easy Kick Free or Back	600	10 x 50 Easy Kick Free or Back	500	7x 50 Easy Kick Free or Back	350	
W.D.	100 Easy	100	100 Easy	100	100 Easy	100	
Total		5100		4800		3500	
						WEEK :	9
						DAY :	7