

	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	40 x 25 Choice on 0:45 [6 strokes fast] [every 4th slow]	1000	40 x 25 Choice on 0:45 [6 strokes fast] [every 4th slow]	1000	32 x 25 Choice on 0:55 [6 strokes fast] [every 4th slow]	800
	100 Easy	100	100 Easy	100	100 Easy	100
Main S.	4 x [4 x 50 Choice on 0:40] 90-100% of Max. Speed	800	3 x [4 x 50 Choice on 0:50] 90-100% of Max. Speed	600	2 x [4 x 50 Choice on 0:55] 90-100% of Max. Speed	400
	100 Easy between sets	400	100 Easy between sets	400	100 Easy between sets	400
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
Hypox.	12 x 50 Free Pull on 1:00 [25 no breath + 25 easy]	600	12 x 50 Free Pull on 1:00 [25 one breath + 25 easy]	600	8 x 50 Free Pull on 1:20 [25 two breaths + 25 easy]	400
W.D.	100 Easy between sets	200	100 Easy between sets	200	100 Easy between sets	200
Total		4800		4500		3400
						WEEK : 10
						DAY : 5