

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
<b>W.U.</b>	200 Swim 200 Kick 200 Pull	<b>600</b>	200 Swim 200 Kick 200 Pull	<b>600</b>	200 Swim 100 Kick 200 Pull	<b>500</b>
<b>Sprint</b>	8 x 25 Choice on 1:00 Alt. Swim/Kick every 25	<b>200</b>	8 x 25 Choice on 1:00 Alt. Swim/Kick every 25	<b>200</b>	8 x 25 Choice on 1:00 Alt. Swim/Kick every 25	<b>200</b>
	100 Easy	<b>100</b>	100 Easy	<b>100</b>	100 Easy	<b>100</b>
<b>Pull</b>	10 x 50 Choice Pull on 1:10 Desc. 1 - 3, 4 - 5 silent swim	<b>500</b>	10 x 50 Choice Pull on 1:10 Desc. 1 - 3, 4 - 5 silent swim	<b>500</b>	8 x 50 Choice Pull on 1:20 Desc. 1 - 3, 4 silent swim	<b>400</b>
	100 Easy	<b>100</b>	100 Easy	<b>100</b>	100 Easy	<b>100</b>
<b>Main S.</b>	2 x [ 6 x 100 Choice on 2:30 ] Desc. 1 - 3	<b>1200</b>	2 x [ 6 x 100 Choice on 2:30 ] Desc. 1 - 3	<b>1200</b>	2 x [ 4 x 100 Choice on 2:30 ] Desc. 1 - 4	<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>Hypox.</b>	400 Hypox. Free	<b>400</b>	300 Hypox. Free	<b>300</b>	300 Hypox. Free	<b>300</b>
	100 Easy	<b>100</b>	100 Easy	<b>100</b>	100 Easy	<b>100</b>
<b>Total</b>		<b>3400</b>		<b>3300</b>		<b>2700</b>
						<b>WEEK :</b> 11
						<b>DAY :</b> 1