

	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	12 x 25 Fly on 0:45 Odd - all out Even - long stroke	300	12 x 25 Fly on 0:45 Odd - all out Even - long stroke	300	8 x 25 Fly on 0:55 Odd - all out Even - long stroke	200
	100 Easy	100	100 Easy	100	100 Easy	100
Main S.	2 x [4 x 150 Choice on 2:45] 104-107 of Treshold	1200	2 x [4 x 150 Choice on 2:45] 104-107 of Treshold	1200	2 x [3 x 150 Choice on 3:30] 104-107 of Treshold	900
	100 Easy between sets	200	100 Easy between sets	200	100 Easy between sets	200
Kick	12 x 25 Kick on 0:50	300	12 x 25 Kick on 0:50	300	12 x 25 Kick on 0:50	300
	100 Easy	100	100 Easy	100	100 Easy	100
Pull	6 x 50 Free Pull on 1:30 80-90% of Maximum Speed	300	4 x 50 Free Pull on 1:40 80-90% of Maximum Speed	200	4 x 50 Free Pull on 1:45 80-90% of Maximum Speed	200
W.D.	100 Easy between sets	200	100 Easy between sets	200	100 Easy between sets	200
Total		3500		3300		2700
					WEEK :	11
					DAY :	5