

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	400 Drills 200 Kick 100 Swim	700	400 Drills 200 Kick 100 Swim	700	400 Drills 200 Kick 100 Swim	700
Sprint	12 x 50 IM on 1:10	600	12 x 50 IM on 1:10	600	12 x 50 IM on 1:10	600
	100 Easy	100	100 Easy	100	100 Easy	100
Main S.	8 x 150 Choice on 3:00 100 fast + 50 easy	1200	8 x 150 Choice on 3:15 100 fast + 50 easy	1200	6 x 150 Choice on 3:30 100 fast + 50 easy	1200
	100 Easy	100	100 Easy	100	100 Easy	100
Pull	2 x 400 Free Pull on 6:00 100% Treshold Speed	800	2 x 300 Free Pull on 6:00 100% Treshold Speed	600	2 x 250 Free Pull on 6:00 100% Treshold Speed	500
	100 Easy	100	100 Easy	100	100 Easy	100
Kick	400 Kick Free	400	400 Kick Free	400	400 Kick Free	400
W.D.	100 Easy	100	100 Easy	100	100 Easy	100
Total		4100		3900		3800
					WEEK :	12
					DAY :	1