

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	300 Swim 300 Kick 300 Pull	900	300 Swim 200 Kick 300 Pull	800	200 Swim 200 Kick 200 Pull	600
Drills	6 x 100 Drills [Swim IM by 100, as few strokes as possible]	600	6 x 100 Drills [Swim IM by 100, as few strokes as possible]	600	6 x 100 Drills [Swim IM by 100, as few strokes as possible]	600
	100 Easy	100	100 Easy	100	100 Easy	100
Main S.	2 x [6 x 150 Choice on 4:00] 1st and 3rd 50 fast 2nd 50 easy	1800	2 x [6 x 150 Choice on 4:00] 1st and 3rd 50 fast 2nd 50 easy	1800	2 x [6 x 125 Choice on 4:00] 1st 25 and 3rd 50 fast 2nd 50 easy	1500
	200 Easy between sets	400	200 Easy between sets	400	200 Easy between sets	400
Hypox.	6 x 100 Hypox. [2 breaths per 25]	600	6 x 100 Hypox. [3 breaths per 25]	600	6 x 100 Hypox. [4 breaths per 25]	600
W.D.	100 Easy	100	100 Easy	100	100 Easy	100
Total		4500		4400		3900
					WEEK :	12
					DAY :	3