

	Group I		Group II		Group III		
	Set	meters	Set	meters	Set	meters	
W.U.	8 x 100 Alt. Swim/Kick every 100	800	7 x 100 Alt. Swim/Kick every 100	700	6 x 100 Alt. Swim/Kick every 100	600	
Sprint	12 x 25 Alt. Fly/Choice on 1:00 [12.5 all out + 12.5 easy]	300	12 x 25 Alt. Fly/Choice on 1:00 [12.5 all out + 12.5 easy]	300	12 x 25 Alt. Fly/Choice on 1:00 [12.5 all out + 12.5 easy]	300	
	100 Easy	100	100 Easy	100	100 Easy	100	
Main S.	4 x [6 x 75 Choice on 2:00] 1,2 - Easy 3, 90-100% of Max Speed	1800	4 x [6 x 75 Choice on 2:10] 1,2 - Easy 3, 90-100% of Max Speed	1800	3 x [4 x 75 Choice on 2:20] 1,2 - Easy 3, 90-100% of Max Speed	900	
	100 Easy between sets	400	100 Easy between sets	400	100 Easy between sets	400	
Kick	10 x 50 Kick on 1:30 Alt. Free/Back each 50 Every 5th - Easy Swim	500	10 x 50 Kick on 1:30 Alt. Free/Back each 50 Every 5th - Easy Swim	500	8 x 50 Kick on 1:30 Alt. Free/Back each 50 Every 5th - Easy Swim	400	
Pull	800 Free Pull	800	600 Free Pull	600	400 Free Pull	400	
W.D.	100 Easy	100	100 Easy	100	100 Easy	100	
Total		4800		4500		3200	
						WEEK :	12
						DAY :	5