

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	4 x 200 IM	800	3 x 200 IM	600	3 x 200 IM	600
Sprint	4 x 25 Fly on 1:00 [all out]	100	4 x 25 Fly on 1:00 [all out]	100	4 x 25 Fly on 1:00 [all out]	100
	100 Easy	100	100 Easy	100	100 Easy	100
	4 x 25 Choice Build on 1:00	100	4 x 25 Choice Build on 1:00	100	4 x 25 Choice Build on 1:00	100
	100 Easy	100	100 Easy	100	100 Easy	100
Main S.	3 x [4 x 50 Choice on 1:30 90-100% of Max. Speed 2 x 100 Free Pull on 2:00 100% Treshold Speed]	1200	3 x [4 x 50 Choice on 1:30 90-100% of Max. Speed 2 x 100 Free Pull on 2:00 100% Treshold Speed]	1200	3 x [4 x 50 Choice on 1:30 90-100% of Max. Speed 2 x 75 Free Pull on 2:00 100% Treshold Speed]	1050
Kick	2 x [8 x 50 Kick on 1:15] No borad. Alt. Free/Back every 50. Stay under the water for 8-10 meters.	800	2 x [8 x 50 Kick on 1:15] No borad. Alt. Free/Back every 50. Stay under the water for 8-10 meters.	800	1 x [8 x 50 Kick on 1:15] No borad. Alt. Free/Back every 50. Stay under the water for 8-10 meters.	400
Pull	1000 Free Pull	1000	800 Free Pull	800	600 Free Pull	600
Total		4200		3800		3050
					WEEK :	12
					DAY :	7