

	Group I		Group II		Group III		
	Set	meters	Set	meters	Set	meters	
W.U.	8 x 100 Alt. Drills/Swim by 100	800	7 x 100 Alt. Drills/Swim by 100	700	6 x 100 Alt. Drills/Swim by 100	600	
Sprint	12 x 50 on 1:10 [25 Fly + 25 Back Fast before and after turn	600	12 x 50 on 1:15 [25 Fly + 25 Back Fast before and after turn	600	8 x 50 on 1:20 [25 Fly + 25 Back Fast before and after turn	400	
	100 Easy	100	100 Easy	100	100 Easy	100	
Main S.	3 x [3 x 200 Choice on 4:00] 90-100% of Max. Speed	1800	3 x [3 x 200 Choice on 4:00] 90-100% of Max. Speed	1800	2 x [3 x 150 Choice on 4:00] 90-100% of Max. Speed	900	
	100 Easy between sets	200	100 Easy between sets	200	100 Easy between sets	200	
Main S.	16 x 25 Fly on 0:50 2 strokes fast, 2 strokes easy	400	16 x 25 Fly on 0:50 2 strokes fast, 2 strokes easy	400	12 x 25 Fly on 1:00 2 strokes fast, 2 strokes easy	300	
	100 Easy	100	100 Easy	100	100 Easy	100	
Kick	500 Kick Free	500	400 Kick Free	400	300 Kick Free	400	
Bonus	2 x 600 Hypox. Pull	1200	1 x 500 Hypox. Pull	500	1 x 300 Hypox. Pull	300	
W.D.	100 Easy	100	100 Easy	100	100 Easy	100	
Total		5800		4900		3400	
						WEEK :	13
						DAY :	1