

	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 Choice on 1:00 [12.5 all out + 12.5 easy Every 4th Fly entire 25]	300	12 x 25 Choice on 1:00 [12.5 all out + 12.5 easy Every 4th Fly entire 25]	300	12 x 25 Choice on 1:00 [12.5 all out + 12.5 easy Every 4th Fly entire 25]	300
	100 Easy	100	100 Easy	100	100 Easy	100
Main S.	24 x 100 Choice on 1:30 100 % Treshold speed	2400	22 x 100 Choice on 1:45 100 % Treshold speed	2400	16 x 100 Choice on 2:00 100 % Treshold speed	1600
	200 Easy	200	200 Easy	200	200 Easy	200
Kick	20 x 50 Kick on 1:15 Alt. Fly/Back every 50	1000	16 x 50 Kick on 1:30 Alt. Fly/Back every 50	800	12 x 50 Kick on 1:30 Alt. Fly/Back every 50	500
W.D.	100 Easy	100	100 Easy	100	100 Easy	100
Total		4900		4600		3400
					WEEK :	13
					DAY :	5