

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	200 Breast 200 Back 200 Free	600	200 Breast 200 Back 200 Free	600	200 Breast 200 Back 200 Free	600
Sprint	16 x 50 Choice on 1:00 Odd - Easy Even - Fast	800	14 x 50 Choice on 1:05 Odd - Easy Even - Fast	700	12 x 50 Choice on 1:20 Odd - Easy Even - Fast	600
	100 Easy	100	100 Easy	100	100 Easy	100
Main S.	2 x [ 4 x 150 Choice on 3:00 ] 100 moderate + 15 sec. Rest + 50 on 90-100% of Max. Speed	1200	2 x [ 4 x 150 Choice on 3:00 ] 100 moderate + 15 sec. Rest + 50 on 90-100% of Max. Speed	1200	1 x [ 4 x 125 Choice on 3:00 ] 100 moderate + 15 sec. Rest + 25 on 90-100% of Max. Speed	500
	100 Easy between sets	200	100 Easy between sets	200	100 Easy between sets	200
Kick	16 x 25 Kick on 1:00 [ 12.5 all out + 12.5 easy ]	400	16 x 25 Kick on 1:00 [ 12.5 all out + 12.5 easy ]	400	16 x 25 Kick on 1:00 [ 12.5 all out + 12.5 easy ]	400
	100 Easy	100	100 Easy	100	100 Easy	100
Pull	2 x 800 Free Pull	1600	2 x 700 Free Pull	1400	1 x 600 Free Pull	600
W.D.	100 Easy	100	100 Easy	100	100 Easy	100
Total		5100		4800		3200
					WEEK :	14
					DAY :	1