

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	2x100 Fly 2x100 Back 2x100 Breast 2x100 Free	800	2x100 [25 Fly + 25 One Arm Fly] 2x100 Back 2x100 Breast 2x100 Free	800	1x100 One Arm Fly 1x100 Back 1x100 Breast 2x100 Free	500
Sprint	16 x 25 Choice on 0:50 Odd - all out Even - easy	400	16 x 25 Choice on 0:50 Odd - all out Even - easy	400	16 x 25 Choice on 0:50 Odd - all out Even - easy	400
	100 Easy	100	100 Easy	100	100 Easy	100
Main S.	4 x [4 x 50 Choice on 0:40] 90-100% of Max Speed	800	3 x [4 x 50 Choice on 0:45] 90-100% of Max Speed	600	2 x [4 x 50 Choice on 0:55 or 5 sec. Rest] 90-100% of Max Speed	400
	100 Easy between sets	400	100 Easy between sets	400	100 Easy between sets	400
	16 x 50 Choice on 1:15 Sprint on the turn	800	16 x 50 Choice on 1:15 Sprint on the turn	800	12 x 50 Choice on 1:30 Sprint on the turn	600
	100 Easy	100	100 Easy	100	100 Easy	100
	16 x 50 IM on 1:00 Every 4th fast	800	14 x 50 IM on 1:10 Every 4th fast	700	12 x 50 IM on 1:20 Every 4th fast	600
Kick	800 Kick	800	600 Kick	600	400 Kick	400
W.D.	100 Easy	100	100 Easy	100	100 Easy	100
Total		5100		4600		3600
					WEEK :	14
					DAY :	5