

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	200 Swim 200 Kick 200 Pull	600	200 Swim 200 Kick 200 Pull	600	200 Swim 200 Kick 200 Pull	600
Sprint	8 x 50 IM ( 15 sprint + 35 easy)	400	8 x 50 IM ( 15 sprint + 35 easy)	400	8 x 50 IM ( 15 sprint + 35 easy)	400
	100 Easy	100	100 Easy	100	100 Easy	100
Main S.	12 x 100 Choice on 2:00 Keep the best avg.	1200	10 x 100 Choice on 2:15 Keep the best avg.	1000	10 x 75 Choice on 2:15 Keep the best avg.	750
	100 Easy	100	100 Easy	100	100 Easy	100
Mian S.	4 x 200 Alt. Swim/Kick every 25 on 4:00	800	4 x 200 Alt. Swim/Kick every 25 on 4:15	800	3 x 200 Alt. Swim/Kick every 25 on 4:30	600
	100 Easy	100	100 Easy	100	100 Easy	100
Kick	16 x 25 Kick on 0:45 Alternate Free / Back	400	16 x 25 Kick on 0:45 Alternate Free / Back	400	12 x 25 Kick on 0:45 Alternate Free / Back	300
	100 Easy	100	100 Easy	100	100 Easy	100
<b>Total</b>		<b>3800</b>		<b>3600</b>		<b>3050</b>
					WEEK :	15
					DAY :	1