

	Group I		Group II		Group III		
	Set	meters	Set	meters	Set	meters	
W.U.	200 Breast 200 One arm Fly 200 Kick 100 Back	700	200 Breast 200 One arm Fly 200 Kick 100 Back	700	200 Breast 200 One arm Fly 200 Kick 100 Back	700	
Sprint	4 x 25 Fly [4 strokes all out] 4 x 25 Bcak [6 strokes all out] 4 x 25 Breast [4 strokes all out] 4 x 25 Free [6 strokes all out]	600	4 x 25 Fly [4 strokes all out] 4 x 25 Bcak [6 strokes all out] 4 x 25 Breast [4 strokes all out] 4 x 25 Free [6 strokes all out]	600	4 x 25 Fly [4 strokes all out] 4 x 25 Bcak [6 strokes all out] 4 x 25 Breast [4 strokes all out] 4 x 25 Free [6 strokes all out]	600	
	50 Easy between each 4		50 Easy between each 4		50 Easy between each 4		
Mian S.	2 x [6 x 100 IM on 2:30] Odd - Easy Even - Fast	1200	2 x [6 x 100 IM on 2:30] Odd - Easy Even - Fast	1200	2 x [45x 100 IM on 2:45] Odd - Easy Even - Fast	800	
	100 Easy between sets	200	100 Easy between sets	200	100 Easy between sets	200	
Hyox.	10 x 50 Free on 1:00 [no breath first 25]	500	8 x 50 Free on 1:10 [breath every 8 stroke]	400	8 x 50 Free on 1:15 [breath every 8 stroke]	400	
W.D.	100 Easy	100	100 Easy	100	100 Easy	100	
Total		3300		3200		2800	
						WEEK :	15
						DAY :	5