

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
<b>W.U.</b>	300 Swim 300 Kick 300 Pull	<b>900</b>	300 Swim 200 Kick 300 Pull	<b>800</b>	200 Swim 100 Kick 200 Pull	<b>500</b>
<b>Sprint</b>	10 x 25 Fly on 1:00	<b>250</b>	10 x 25 Fly on 1:00	<b>250</b>	10 x 25 Fly on 1:00	<b>250</b>
	100 Easy	<b>100</b>	100 Easy	<b>100</b>	100 Easy	<b>100</b>
	10 x 25 Choice Fast on 1:00	<b>250</b>	10 x 25 Choice Fast on 1:00	<b>250</b>	10 x 25 Choice Fast on 1:00	<b>250</b>
<b>Kick</b>	4 x 100 Kick on 2:30 First - Free Second- Alt. Back/Side Back every 25	<b>400</b>	4 x 100 Kick on 2:30 First - Free Second- Alt. Back/Side Back every 25	<b>400</b>	3 x 100 Kick on 3:00 First - Free Second- Alt. Back/Side Back every 25	<b>300</b>
<b>Mian S.</b>	5 x [ 4 x 100 Choice on 2:00 ] Negative split	<b>2000</b>	4 x [ 4 x 100 Choice on 2:15 ] Negative split	<b>1600</b>	3 x [ 4 x 75 Choice on 2:15 ] 50 Treshold Speed + 25 Fast	<b>900</b>
	100 Easy between sets	<b>400</b>	100 Easy between sets	<b>400</b>	100 Easy between sets	<b>400</b>
<b>Drills</b>	6 x 100 Free [ minimum number of strokes ]	<b>600</b>	5 x 100 Free [ minimum number of strokes ]	<b>500</b>	4 x 100 Free [ minimum number of strokes ]	<b>400</b>
<b>W.D.</b>	100 Easy	<b>100</b>	100 Easy	<b>100</b>	100 Easy	<b>100</b>
<b>Total</b>		<b>5000</b>		<b>4400</b>		<b>3200</b>