

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	400 Drills 400 Free [breath every 4th]	800	300 Drills 300 Free [breath every 4th]	600	300 Drills 300 Free [breath every 4th]	600
Sprint	8 x 25 Fly on 0:45	200	8 x 25 Fly on 0:45	200	8 x 25 Fly on 0:45	200
	100 Easy	100	100 Easy	100	100 Easy	100
Kick	8 x 25 Kick Fly on 0:50 [Underwater solid kick]	200	8 x 25 Kick Fly on 0:50 [Underwater solid kick]	200	8 x 25 Kick Fly on 0:50 [Underwater solid kick]	200
	100 Easy	100	100 Easy	100	100 Easy	100
Main S.	2 x [3 x 100 Choice on 1:30] Desc. 1 - 3	600	2 x [3 x 100 Choice on 1:45] Desc. 1 - 3	600	2 x [3 x 75 Choice on 1:30] Desc. 1 - 3	450
	100 Easy between sets	400	100 Easy between sets	400	75 Easy between sets	300
Pull	20 x 50 Pull on 0:45 Hold 100% of Treshold S.	1000	16 x 50 Pull on 0:55 Hold 100% of Treshold S.	800	12 x 50 Pull on 1:05 Hold 100% of Treshold S.	600
W.D.	200 Easy	200	200 Easy	200	200 Easy	200
Total		3600		3200		2750