

	Group I		Group II		Group III		
	Set	meters	Set	meters	Set	meters	
W.U.	4 x 100 IM Swim 4 x 100 IM Kick	800	4 x 100 IM Swim 3 x 100 IM Kick	700	2 x 100 IM Swim 2 x 100 IM Kick	400	
Sprint	20 x 25 Choice on 1:00 Odd - All out Even - Easy	500	20 x 25 Choice on 1:00 Odd - All out Even - Easy	500	12 x 25 Choice on 1:00 Odd - All out Even - Easy	300	
	100 Easy	100	100 Easy	100	100 Easy	100	
Main S.	2 x 800 Free on 12:00	1600	2 x 600 Free on 12:00	1200	2 x 500 Free on 12:00	1000	
	100 Easy	100	100 Easy	100	100 Easy	100	
Kick	2 x [10 x 50 Kick on 1:15]	1000	2 x [8 x 50 Kick on 1:20]	800	2 x [6 x 50 Kick on 1:30]	600	
	100 Easy between sets	200	100 Easy between sets	200	100 Easy between sets	200	
Hypox.	600 Hypox.	600	500 Hypox.	500	300 Hypox.	300	
W.D.	100 Easy	100	100 Easy		100 Easy	100	
Total		5000		4100		3100	
						WEEK :	21
						DAY :	7