

	Group I		Group II		Group III		
	Set	meters	Set	meters	Set	meters	
W.U.	300 Swim 300 Kick 300 Pull	900	200 Swim 200 Kick 200 Pull	600	200 Swim 200 Kick 200 Pull	600	
Sprint	16 x 25 Fly on 1:00 Odd - All out Even - one arm	400	16 x 25 Fly on 1:00 Odd - All out Even - one arm	400	16 x 25 Fly on 1:00 Odd - All out Even - one arm	400	
Main S.	4 x [2 x 50 Choice Fast on 1:15 200 Free Moderate on 4:00]	1200	4 x [2 x 50 Choice Fast on 1:15 200 Free Moderate on 4:00]	1200	4 x [2 x 50 Choice Fast on 1:15 150 Free Moderate on 4:00]	1000	
Main S.	16 x 50 Alt. 50 Swim / 50 Kick on 1:15 Swim - Moderate pace Kick - Fast	800	16 x 50 Alt. 50 Swim / 50 Kick on 1:15 Swim - Moderate pace Kick - Fast	800	12 x 50 Alt. 50 Swim / 50 Kick on 1:30 Swim - Moderate pace Kick - Fast	600	
	100 Easy	100	100 Easy	100	100 Easy	100	
Hypox.	6 x 100 Catch up. No breath every 2nd 25.	600	5 x 100 Catch up. No breath every 2nd 25.	500	4 x 100 Catch up. No breath every 2nd 25.	400	
W.D.	200 Easy	200	200 Easy	200	200 Easy	200	
Total		4200		3800		3300	
						WEEK :	22
						DAY :	1