

	Group I		Group II		Group III		
	Set	meters	Set	meters	Set	meters	
<b>W.U.</b>	400 Drills 400 Free [breath every 4th]	<b>800</b>	300 Drills 300 Free [breath every 4th]	<b>600</b>	300 Drills 300 Free [breath every 4th]	<b>600</b>	
<b>Sprint</b>	8 x 25 IM on 0:45 [ 10 All out + 15 easy]	<b>200</b>	8 x 25 IM on 0:45 [ 10 All out + 15 easy]	<b>200</b>	8 x 25 IM on 0:45 [ 10 All out + 15 easy]	<b>200</b>	
<b>Kick</b>	8 x 25 IM Kick on 0:50 [ Fast solid kick ]	<b>200</b>	8 x 25 IM Kick on 0:50 [ Fast solid kick ]	<b>200</b>	8 x 25 IM Kick on 0:50 [ Fast solid kick ]	<b>200</b>	
	100 Easy	<b>100</b>	100 Easy	<b>100</b>	100 Easy	<b>100</b>	
<b>Main S.</b>	20 x 100 Choice on 1:45 Desc. 1-5	<b>2000</b>	20 x 75 Choice on 1:45 Desc. 1-5	<b>1500</b>	16 x 75 Choice on 1:45 Desc. 1-5	<b>1200</b>	
	100 Easy	<b>100</b>	100 Easy	<b>100</b>	100 Easy	<b>100</b>	
<b>Pull</b>	1000 Free Pull Every 4th 50 hard	<b>1000</b>	800 Free Pull Every 4th 50 hard	<b>800</b>	500 Free Pull Every 4th 50 hard	<b>600</b>	
<b>W.D.</b>	200 Easy	<b>200</b>	200 Easy	<b>200</b>	100 Easy	<b>100</b>	
<b>Total</b>		<b>4600</b>		<b>3700</b>		<b>3100</b>	
						<b>WEEK :</b>	<b>22</b>
						<b>DAY :</b>	<b>5</b>