

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
<b>W.U.</b>	6 x 100 IM	<b>600</b>	5 x 100 IM	<b>500</b>	4 x 100 IM	<b>400</b>
	8 x 50 [ 25 Fly + 25 Back] on 1:10 Keep 80-90% of Max	<b>400</b>	8 x 50 [ 25 Fly + 25 Back] on 1:15 Keep 80-90% of Max	<b>400</b>	8 x 50 [ 25 Fly + 25 Back] on 1:15 Keep 80-90% of Max	<b>400</b>
	600 Drills	<b>600</b>	500 Drills	<b>500</b>	400 Drills	<b>400</b>
<b>Main S.</b>	3 x [ 4 x 50 Choice on 0:37 ]	<b>600</b>	3 x [ 4 x 50 Choice on 0:42 ]	<b>600</b>	3 x [ 4 x 50 Choice on 0:55 ]	<b>600</b>
	100 Easy between sets	<b>300</b>	100 Easy between sets	<b>300</b>	100 Easy between sets	<b>300</b>
<b>Kick</b>	8 x 50 Kick on 1:10	<b>400</b>	8 x 50 Kick on 1:15	<b>400</b>	6 x 50 Kick on 1:20	<b>300</b>
	100 Easy	<b>100</b>	100 Easy	<b>100</b>	100 Easy	<b>100</b>
<b>Main S.</b>	4 x [ 2 x 25 Choice on 1:00 + 200 Free Pull ]	<b>1000</b>	4 x [ 2 x 25 Choice on 1:00 + 200 Free Pull ]	<b>1000</b>	2 x [ 2 x 25 Choice on 1:00 + 150 Free Pull ]	<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>4100</b>		<b>3900</b>		<b>3000</b>
					<b>WEEK :</b>	<b>23</b>
					<b>DAY :</b>	<b>1</b>