

	Group I		Group II		Group III		
	Set	meters	Set	meters	Set	meters	
W.U.	300 Swim 300 Kick 300 Pull	900	300 Swim 200 Kick 200 Pull	700	200 Swim 200 Kick 200 Pull	600	
	4 x 25 Fly on 0:40 Desc. 4 x 25 Back on 0:40 Desc. 4 x 25 Breast on 0:40 Desc. 4 x 25 Free on 0:40 Desc.	300	4 x 25 Fly on 0:40 Desc. 4 x 25 Back on 0:40 Desc. 4 x 25 Breast on 0:40 Desc. 4 x 25 Free on 0:40 Desc.	300	4 x 25 Fly on 0:40 Desc. 4 x 25 Back on 0:40 Desc. 4 x 25 Breast on 0:40 Desc. 4 x 25 Free on 0:40 Desc.	300	
Sprint	16 x 25 Kick/Swim on 0:50	400	16 x 25 Kick/Swim on 0:50	400	16 x 25 Kick/Swim on 0:50	400	
Drills	8 x 50 Drills on 1:15	400	8 x 50 Drills on 1:15	400	6 x 50 Drills on 1:25	300	
Main S.	2 x [8 x 25 on 0:45] odd - fast, 1sec. Off PB even - very easy	400	2 x [8 x 25 on 0:45] odd - fast, 1sec. Off PB even - very easy	400	2 x [8 x 25 on 0:45] odd - fast, 1sec. Off PB even - very easy	400	
	100 easy between sets	100	100 easy between sets	100	100 easy between sets	100	
Main S.	12 x 50 Best Stroke on 1:15 1,2 - esay 3 - fast	600	12 x 50 Best Stroke on 1:15 1,2 - esay 3 - fast	600	12 x 50 Best Stroke on 1:15 1,2 - esay 3 - fast	600	
Pull	4 x 200 Free Pull on 3:15	800	3 x 200 Free Pull on 3:15	600	4 x 150 Free Pull on 3:00	600	
W.D.	200 Warm down	200	200 Warm down	200	100 Warm down	100	
Total		4100		3700		3400	
						WEEK :	24
						DAY :	7