

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	8 x 100 I.M. 300 Kick	1100	7 x 100 I.M. 300 Kick	1000	5 x 100 I.M. 100 Kick	600
Sprint	10 x 50 [ 25 Back + 25 Free ] on 1:00	500	10 x 50 [ 25 Back + 25 Free ] on 1:00	500	6 x 50 [ 25 Back + 25 Free ] on 1:00	300
	100 Easy	100	100 Easy	100	100 Easy	100
Kick	16 x 50 Kick on 1:10 [12.5 sprint + 37.5 easy]	800	14 x 50 Kick on 1:20 [12.5 sprint + 37.5 easy]	700	8 x 50 Kick on 1:30 [12.5 sprint + 37.5 easy]	400
Main S.	4 x [ 4 x 50 Choice ] 1 - On 1:00 2 - On 0:55 3 - On 0:50 4 - On 0:45 Keep the same speed	800	4 x [ 4 x 50 Choice ] 1 - On 1:10 2 - On 1:05 3 - On 1:00 4 - On 0:55 Keep the same speed	800	2 x [ 4 x 50 Choice ] 1 - On 1:20 2 - On 1:15 3 - On 1:05 4 - On 1:00 Keep the same speed	400
	50 Easy between sets	200	50 Easy between sets	200	50 Easy between sets	200
Hypox.	6 x 200 Free Pull on 3:00 even 25 breath no breathing	1200	6 x 150 Free Pull on 3:00 even 25 breath every 6th stroke	900	6 x 150 Free Pull on 3:30 even 25 breath every 6th stroke	900
W.D.	200 Warm down	200	200 Warm down	200	200 Warm down	200
<b>Total</b>		<b>4900</b>		<b>4400</b>		<b>3100</b>
					WEEK :	25
					DAY :	1