

	Group I		Group II		Group III		
	Set	meters	Set	meters	Set	meters	
W.U.	400 Swim 300 Kick	700	400 Swim 300 Kick	700	300 Swim 300 Kick	600	
W.U.	4 x [ 8 x 25 IM on 0:30 alt. 25 Swim / 25 Kick Each stroke in group of 8 ]	800	4 x [ 8 x 25 IM on 0:30 alt. 25 Swim / 25 Kick Each stroke in group of 8 ]	800	4 x [ 8 x 25 IM on 0:30 alt. 25 Swim / 25 Kick Each stroke in group of 8 ]	800	
	50 Easy beteen each set	200	50 Easy beteen each set	200	50 Easy beteen each set	200	
Main S.	4 x [ 4 x 50 Choice on 0:50 ]	800	4 x [ 3 x 50 Choice on 1:00 ]	600	4 x [ 3 x 50 Choice on 1:10 ]	600	
	50 Easy beteen each set	200	50 Easy beteen each set	200	50 Easy beteen each set	200	
Main S.	6 x 200 Free Pull on 2:45	1200	5 x 200 Free Pull on 3:15	1000	6 x 150 Free Pull on 3:15	900	
	100 Easy	100	100 Easy	100	100 Easy	100	
Hypox.	12 x 50 Free Hypox. On 0:55 25 no breath	600	8 x 50 Free Hypox. On 1:15 25 one breath	400	8 x 50 Free Hypox. On 1:15 25 one breath	400	
W.D.	100 Easy	100	100 Easy	100	100 Easy	100	
<b>Total</b>		<b>4700</b>		<b>4100</b>		<b>3900</b>	
						WEEK :	1
						DAY :	7