

	Group I		Group II		Group III		
	Set	meters	Set	meters	Set	meters	
W.U.	300 Swim 300 Kick 300 Pull	900	200 Swim 200 Kick 200 Pull	600	200 Swim 200 Kick 100 Pull	500	
Drill	6 x 100 on 2:30 [25 Kick + 25 Swim]	600	6 x 100 on 2:30 [25 Kick + 25 Swim]	600	6 x 100 on 2:30 [25 Kick + 25 Swim]	600	
	100 Easy	100	100 Easy	100	100 Easy	100	
	1000 free	1000	800 free	800	700 free	700	
Main S.	2 x [2 x 50 Back on 1:00 2 x 100 Free on 1:40 2 x 200 IM on 3:00 2 x 100 Free on 1:40 2 x 50 Back on 1:00]	2000	2 x [2 x 50 Back on 1:00 2 x 100 Free on 1:50 2 x 200 IM on 3:30 2 x 100 Free on 1:50 2 x 50 Back on 1:00]	2000	1 x [2 x 50 Back on 1:00 2 x 100 Free on 1:50 2 x 150 IM (no Fly) on 3:30 2 x 100 Free on 1:50 2 x 50 Back on 1:00]	900	
	100 Easy	100	100 Easy	100	100 Easy	100	
Hypox.	6 x 100 Catch up. Breath every 6th	600	5 x 100 Catch up. Breath every 4th	500	4 x 100 Catch up. Breath every 4th	400	
W.D.	200 Easy	200	200 Easy	200	100 Easy	100	
Total		5500		4900		3400	
						WEEK :	2
						DAY :	1