

	Group I		Group II		Group III		
	Set	meters	Set	meters	Set	meters	
W.U.	400 Drills 400 Free [breath every 4th]	800	300 Drills 300 Free [breath every 4th]	600	300 Drills 300 Free [breath every 4th]	600	
	16 x 25 IM on 0:45	400	16 x 25 IM on 0:45	400	16 x 25 IM on 0:45	400	
Kick	8 x 25 Kick on 0:55 [Back Kick Fly]	200	8 x 25 Kick on 0:55 [Back Kick Fly]	200	8 x 25 Kick on 0:55 [Back Kick Fly]	200	
	8 x 25 Kick on 0:50 [Flutter Kick on the side]	200	8 x 25 Kick on 0:50 [Flutter Kick on the side]	200	8 x 25 Kick on 0:50 [Flutter Kick on the side]	200	
	100 Easy	100	100 Easy	100	100 Easy	100	
Main S.	40 x 50 Choice on 0:50 [95% of threshold speed]	2000	30 x 50 Choice on 1:05 [95% of threshold speed]	1500	24 x 50 Choice on 1:20 [95% of threshold speed]	1200	
	100 Easy	100	100 Easy	100	100 Easy	100	
Pull	1000 Free Pull Every 4th 50 hard	1000	800 Free Pull Every 4th 50 hard	800	600 Free Pull Every 4th 50 hard	600	
W.D.	200 Easy	200	200 Easy	200	200 Easy	200	
Total		5000		4100		3600	
						WEEK :	2
						DAY :	5