

	ce		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	4 x 100 IM Swim 4 x 100 IM Kick	800	4 x 100 IM Swim 3 x 100 IM Kick	700	3 x 100 IM Swim 2 x 100 IM Kick	500
Swim	20 x 25 Free on 0:30 Flip and jum up at shallow end	500	20 x 25 Free on 0:30 Flip and jum up at shallow end	500	10 x 25 Free on 0:30 Flip and jum up at shallow end	250
	100 Easy	100	100 Easy	100	100 Easy	100
Main S.	8 x 400 Free on 6:30 [95% of threshold speed]	3200	7 x 400 Free on 7:00 [95% of threshold speed]	2800	6 x 300 Free on 7:30 [95% of threshold speed]	1800
	100 Easy	100	100 Easy	100	100 Easy	100
	20 x 25 Breast on 0:35 Minimum number of strokes	500	20 x 25 Breast on 0:35 Minimum number of strokes	500	10 x 25 Breast on 0:35 Minimum number of strokes	250
Drills	4 x 100 Drills	400	4 x 100 Drills	400	4 x 100 Drills	400
W.D.	100 Easy	100	100 Easy	100	100 Easy	100
Total		5700		5200		3500
					WEEK :	2
					DAY :	7