

	Group I		Group II		Group III		
	Set	meters	Set	meters	Set	meters	
<b>W.U.</b>	4 x 100 IM Swim 4 x 100 Each Stroke	<b>800</b>	4 x 100 IM Swim 3 x 100 Each Stroke	<b>700</b>	3 x 100 IM Swim 3 x 100 Each Stroke	<b>600</b>	
<b>Kick</b>	20 x 25 Kick on 1:00	<b>500</b>	20 x 25 Choice on 1:00	<b>500</b>	20 x 25 Choice on 1:00	<b>500</b>	
	100 Easy	<b>100</b>	100 Easy	<b>100</b>	100 Easy	<b>100</b>	
<b>Main S.</b>	6 x 600 Free on 8:00 [ 95% of threshold speed ]	<b>3600</b>	6 x 500 Free on 8:00 [ 95% of threshold speed ]	<b>3000</b>	6 x 400 Free on 8:00 [ 95% of threshold speed ]	<b>2400</b>	
	100 Easy	<b>100</b>	100 Easy	<b>100</b>	100 Easy	<b>100</b>	
<b>Hypox.</b>	6 x 100 Hypox.	<b>600</b>	5 x 100 Hypox	<b>500</b>	4 x 100 Hypox	<b>400</b>	
<b>W.D.</b>	100 Easy	<b>100</b>	100 Easy	<b>100</b>	100 Easy	<b>100</b>	
<b>Total</b>		<b>5800</b>		<b>5000</b>		<b>4200</b>	
						<b>WEEK :</b>	<b>3</b>
						<b>DAY :</b>	<b>1</b>