

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	4 x 150 IM no Fly 300 Kick	900	4 x 150 IM no Fly 300 Kick	900	2 x 150 IM no Fly 300 Kick	600
	3 x 30 sec. Breaststroke Jump 30 sec. rest. count # of jumps.		3 x 30 sec. Breaststroke Jump 30 sec. rest. count # of jumps.		3 x 30 sec. Breaststroke Jump 30 sec. rest. count # of jumps.	
Sprint	10 x 25 Pull Fly on 0:45	250	10 x 25 Pull Fly on 0:45	250	10 x 25 Pull Fly on 0:45	250
	10 x 25 Kick Fly on 0:50	250	10 x 25 Kick Fly on 0:50	250	10 x 25 Kick Fly on 0:50	250
	10 x 25 One arm fly on 0:30	250	10 x 25 One arm fly on 0:30	250	10 x 25 One arm fly on 0:30	250
	50 easy between each 10	150	50 easy between each 10	150	50 easy between each 10	150
Main S.	5 x [ 4 x 50 Choice on 0:40 ]	1000	5 x [ 4 x 50 Choice on 0:45 ]	1000	5 x [ 3 x 50 Choice on 0:50 ]	750
	50 Easy between sets	200	50 Easy between sets	200	50 Easy between sets	200
	3 x [ 4 x 50 Kick Choice on 1:00 ]	600	3 x [ 4 x 50 Kick Choice on 1:05 ]	600	3 x [ 3 x 50 Kick Choice on 1:20 ]	450
	50 Easy between sets	150	50 Easy between sets	150	50 Easy between sets	150
Hypox	5 x 100 Hypox. On 1:45 breath 2 times per 25	500	4 x 100 Hypox. On 2:00 breath 3 times per 25	400	4 x 100 Hypox. On 2:15 breath 4 times per 25	400
W.D.	150 Easy	150	150 Easy	150	150 Easy	150
Total		4400		4300		3600
					WEEK :	3
					DAY :	3