

	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 200 Free [breath every 4th]	500
	10 x 50 Free on 1:15 [25 build + 25 easy]	500	10 x 50 Free on 1:15 [25 build + 25 easy]	500	8 x 50 Free on 1:25 [25 build + 25 easy]	400
Main S.	6 x 100 Back on 2:00 [Long Stroke]	600	6 x 100 Back on 2:00 [Long Stroke]	600	4 x 100 Back on 2:30 [Long Stroke]	400
	100 Easy	100	100 Easy	100	100 Easy	100
	12 x 100 Free on 1:45 [Long Stroke]	1200	10 x 100 Free on 2:00 [Long Stroke]	1000	8 x 100 Free on 2:15 [Long Stroke]	800
	100 Easy	100	100 Easy	100	100 Easy	100
Main S.	4 x 400 Free on 6:15 [95% of threshold speed]	1600	4 x 350 Free on 6:15 [95% of threshold speed]	1400	3 x 300 Free on 6:15 [95% of threshold speed]	900
W.D.	200 Easy	200	200 Easy	200	200 Easy	200
Total		5100		4500		3400
					WEEK :	3
					DAY :	5