

	Group I		Group II		Group III		
	Set	meters	Set	meters	Set	meters	
W.U.	200 Drills 200 Pull 200 Kick	600	200 Drills 200 Pull 200 Kick	600	200 Drills 200 Pull 200 Kick	600	
Sprint	4 x 25 IM all out sprint from blocks + 25 Easy	200	4 x 25 IM all out sprint from blocks + 25 Easy	200	4 x 25 IM all out sprint from blocks + 25 Easy	200	
	10 x 50 Free on 1:15 5 pushups after each 50	500	10 x 50 Free on 1:15 5 pushups after each 50	500	10 x 50 Free on 1:15 5 pushups after each 50	500	
	100 Easy	100	100 Easy	100	100 Easy	100	
Main S.	2 x [4 x 200 Each Stroke on 3:30]	1600	2 x [4 x 200 Each Stroke on 3:30 First 200 - one arm fly]	1600	2 x [4 x 150 Each Stroke on 3:30 No Fly]	1200	
	100 Easy between setes	200	100 Easy between setes	200	100 Easy between setes	200	
Pull	10 x 50 Pull on 0:50 alternate 50 Free, 50 Back	500	8 x 50 Pull on 1:00 alternate 50 Free, 50 Back	400	7 x 50 Pull on 1:05 alternate 50 Free, 50 Back	350	
	100 Easy between sets	200	100 Easy between sets	200	100 Easy between sets	200	
Drills	3 x 200 Catch up	600	3 x 150 Catch up	450	3 x 100 Catch up	300	
	100 Easy	100	100 Easy	100	100 Easy	100	
Total		4600		4350		3750	
						WEEK :	4
						DAY :	1