

	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 300 Free [breath every 4th]	600	
Sprint	4 x 25 Breast Sprint from Blocks + 25 Easy Free	200	4 x 25 Breast Sprint from Blocks + 25 Easy Free	200	4 x 25 Breast Sprint from Blocks + 25 Easy Free	200	
Kick S.	8 x 25 Kick on 0:45 [all out from the wall 10m]	200	8 x 25 Kick on 0:45 [all out from the wall 10m]	200	8 x 25 Kick on 0:45 [all out from the wall 10m]	200	
	10 x 50 Free on 1:15 run on shalow end	500	10 x 50 Free on 1:15 run on shalow end	500	10 x 50 Free on 1:15 run on shalow end	500	
Main S.	4 x 100 Back on 2:00 Desc. 1 - 4	400	4 x 100 Back on 2:20 Desc. 1 - 4	400	3x 100 Back on 2:40 Desc. 1 - 3	300	
	100 Easy	100	100 Easy	100	100 Easy	100	
	8 x 100 Free on 2:00 [Long Stroke - count]	800	8 x 100 Free on 2:00 [Long Stroke - count]	800	6 x 100 Free on 2:30 [Long Stroke - count]	600	
	100 Easy	100	100 Easy	100	100 Easy	100	
Main S.	4 x 400 Free on 6:15 [95% of Treshold speed]	1600	4 x 350 Free on 6:15 [95% of Treshold speed]	1400	3 x 300 Free on 6:15 [95% of Treshold speed]	900	
W.D.	200 Easy	200	200 Easy	200	100 Easy	100	
Total		4900		4500		3600	
						WEEK :	4
						DAY :	5