

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	300 Swim 300 Kick 300 Pull	900	300 Swim 200 Kick 300 Pull	800	200 Swim 200 Kick 200 Pull	600
Sprint	16 x 25 on 0:45 Odd - 12.5 Swim all out Even - 12.5 Kick all out	400	16 x 25 on 0:45 Odd - 12.5 Swim all out Even - 12.5 Kick all out	400	16 x 25 on 0:45 Odd - 12.5 Swim all out Even - 12.5 Kick all out	400
Drills	8 x 100 Drills on 3:00	800	8 x 100 Drills on 3:00	800	8 x 100 Drills on 3:00	800
	100 Easy	100	100 Easy	100	100 Easy	100
Main S.	6 x 300 Free on 4:30 100% Threshold Speed	1800	6 x 250 Free on 4:30 100% Threshold Speed	1500	6 x 200 Free on 4:30 100% Threshold Speed	1200
	100 Easy	100	100 Easy	100	100 Easy	100
Kick	16 x 25 Kick on 0:45 Alternate Free / Back	400	16 x 25 Kick on 0:45 Alternate Free / Back	400	16 x 25 Kick on 0:45 Alternate Free / Back	400
	100 Easy	100	100 Easy	100	100 Easy	100
Total		4600		4200		3700
					WEEK :	5
					DAY :	1