

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	200 Breast 200 Kick 200 Free	600	200 Breast 200 Kick 200 Free	600	200 Breast 100 Kick 100 Free	400
Sprint	8 x 50 Free build on 1:15	400	8 x 50 Free build on 1:15	400	6 x 50 Free build on 1:25	300
	100 Easy	100	100 Easy	100	100 Easy	100
Mian S.	6 x [ 4 x 100 Choice on 2:00 ] 1,2,3 easy, 4 <b>FAST!</b>	2400	6 x [ 4 x 100 Choice on 2:00 ] 1,2,3 easy, 4 <b>FAST!</b>	2400	5 x [ 3 x 100 Choice on 2:30 ] 1,2,3 easy, 4 <b>FAST!</b>	1500
	100 Easy between sets	600	100 Easy between sets	600	100 Easy between sets	600
Hyox.	10 x 50 Free on 1:00 [ one breath for each 25 ]	500	8 x 50 Free on 1:10 [ two breaths for each 25 ]	400	8 x 50 Free on 1:15 [ three breaths for each 25 ]	400
W.D.	100 Easy	100	100 Easy	100	100 Easy	100
<b>Total</b>		<b>4700</b>		<b>4600</b>		<b>3400</b>
					WEEK :	6
					DAY :	5