

	Group I		Group II		Group III		
	Set	meters	Set	meters	Set	meters	
<b>W.U.</b>	200 Fly 100 Back 100 Breast 200 Free	<b>600</b>	200 Fly 100 Back 100 Breast 200 Free	<b>600</b>	100 One arm Fly 100 Back 100 Breast 200 Free	<b>500</b>	
	100 Easy	<b>100</b>	100 Easy	<b>100</b>	100 Easy	<b>100</b>	
<b>Main S.</b>	2 x [ 4 x 50 Choice on 0:40 ] Go hard to the point of failing	<b>400</b>	2 x [ 4 x 50 Choice on 0:50 ] Go hard to the point of failing	<b>400</b>	2 x [ 4 x 50 Choice, 5 sec. Rest ] Go hard to the point of failing	<b>400</b>	
	100 Easy between sets	<b>200</b>	100 Easy between sets	<b>200</b>	100 Easy between sets	<b>200</b>	
<b>Pull</b>	16 x 50 Free Pull on 0:50 Desc. 1 - 4	<b>800</b>	14 x 50 Free Pull on 1:00 Desc. 1 - 4	<b>700</b>	12 x 50 Free Pull on 1:10 Desc. 1 - 4	<b>600</b>	
<b>Kick</b>	8 x 50 Kick on 1:15 Odd - Back Fly Even - Free	<b>400</b>	8 x 50 Kick on 1:15 Odd - Back Fly Even - Free	<b>400</b>	8 x 50 Kick on 1:20 Odd - Back Fly Even - Free	<b>400</b>	
<b>Hypox.</b>	600 Hypox.	<b>600</b>	500 Hypox.	<b>500</b>	400 Hypox.	<b>400</b>	
<b>W.D.</b>	100 Easy	<b>100</b>	100 Easy	<b>100</b>	100 Easy	<b>100</b>	
<b>Total</b>		<b>3200</b>		<b>3000</b>		<b>2700</b>	
						<b>WEEK :</b>	<b>7</b>
						<b>DAY :</b>	<b>3</b>