

	Group I		Group II		Group III		
	Set	meters	Set	meters	Set	meters	
W.U.	200 Swim 200 Kick 200 Pull	600	200 Swim 200 Kick 200 Pull	600	200 Swim 100 Kick 200 Pull	500	
Sprint	4 x 25 IM from blocks + 25 Easy	200	4 x 25 IM from blocks + 25 Easy	200	4 x 25 IM from blocks + 25 Easy	200	
	8 x 25 Choice on 1:00 [12.5 fast + 12.5 easy]	200	8 x 25 Choice on 1:00 [12.5 fast + 12.5 easy]	200	8 x 25 Choice on 1:00 [12.5 fast + 12.5 easy]	200	
Mian S.	2 x [4 x 100 Choice on 2:00] Negative split	800	2 x [4 x 100 Choice on 2:15] Negative split	800	2 x [4 x 75 Choice on 2:15] 50 Treshold Speed + 25 Fast	600	
	100 Easy between sets	200	100 Easy between sets	200	100 Easy between sets	200	
Drills	10 x 100 Free [minimum number of strokes]	1000	10 x 100 Free [minimum number of strokes]	1000	8 x 100 Free [minimum number of strokes]	800	
W.D.	100 Easy	100	100 Easy	100	100 Easy	100	
Total		3100		3100		2600	
						WEEK :	7
						DAY :	5