

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	2 x 300 IM no Fly	600	2 x 300 IM no Fly	600	2 x 200 IM no Fly, 100 Free	500
Sprint	8 x 25 Fly on 0:50 [ breath every 3rd ]	200	8 x 25 Fly on 0:50 [ breath every 2nd ]	200	8 x 25 Fly on 0:50 [ breath every 2nd ]	200
	100 Easy	100	100 Easy	100	100 Easy	100
	8 x 25 Choice on 1:00 [ all out ]	200	8 x 25 Choice on 1:00 [ all out ]	200	8 x 25 Choice on 1:00 [ all out ]	200
	100 Easy	100	100 Easy	100	100 Easy	100
Main S.	2 x 50 Choice on 1:00 2 x 100 Choice on 1:50 2 x 200 Choice on 3:15 2 x 100 Choice on 1:50 2 x 50 Choice on 1:00	1000	2 x 50 Choice on 1:10 2 x 100 Choice on 2:00 2 x 200 Choice on 3:30 2 x 100 Choice on 2:00 2 x 50 Choice on 1:10	1000	2 x 50 Choice on 1:15 2 x 75 Choice on 1:50 2 x 150 Choice on 3:15 2 x 75 Choice on 1:50 2 x 50 Choice on 1:15	700
	100 Easy	100	100 Easy	100	100 Easy	100
Kick	12 x 50 Kick on 1:15 [ 25 Fast + 25 Silent Kick ]	600	12 x 50 Kick on 1:15 [ 25 Fast + 25 Silent Kick ]	600	12 x 50 Kick on 1:15 [ 25 Fast + 25 Silent Kick ]	600
W.D.	100 Easy	100	100 Easy	100	100 Easy	100
Total		3000		3000		2600
					WEEK :	7
					DAY :	7