

	Group 1				Group 2				Group 3						
Warm-up	2 X 200	Free	Swim	4:00	2 X 200	Free	Swim	4:00	2 X 100	Free	Swim	4:00			
	4 X 50	Choice	Kick	1:15	4 X 50	Choice	Kick	1:15	4 X 25	Choice	Kick	1:15			
	1 X 200	Free	Pull	4:00	1 X 200	Free	Pull	4:00	1 X 100	Free	Pull	4:00			
	4 X 50	Free	Swim	1:00	4 X 50	Free	Swim	1:00	4 X 25	Free	Swim	1:00			
<i>Set Total</i>	<i>1000</i>			<i>21:00</i>	<i>1000</i>			<i>21:00</i>	<i>500</i>			<i>21:00</i>			
Set 1	4 X 75	Free	Swim	1:10	4 X 75	Free	Swim	1:15	4 X 50	Free	Swim	1:10			
	2 X 150	Free	Swim	2:20	2 X 150	Free	Swim	2:30	2 X 100	Free	Swim	2:20			
	1 X 300	Free	Swim	4:45	1 X 300	Free	Swim	5:00	1 X 200	Free	Swim	4:45			
	1 X 50	Free	Easy	1:00	1 X 50	Free	Easy	1:00	1 X 50	Free	Easy	1:00			
<i>Set Total</i>	<i>950</i>			<i>15:05</i>	<i>950</i>			<i>16:00</i>	<i>650</i>			<i>15:05</i>			
Set 2	4 X 100	IM	Swim	1:50	4 X 100	IM	Swim	2:00	4 X 75	Stroke	Swim	1:50			
	1 X 50	Free	Easy	1:00	1 X 50	Free	Easy	1:00	1 X 50	Free	Easy	1:00			
<i>Set Total</i>	<i>450</i>			<i>8:20</i>	<i>450</i>			<i>9:00</i>	<i>350</i>			<i>8:20</i>			
Set 3	2 X 100	Choice	Kick	2:30	2 X 100	Choice	Kick	2:30	2 X 75	Choice	Kick	2:30			
<i>Set Total</i>	<i>200</i>			<i>5:00</i>	<i>200</i>			<i>5:00</i>	<i>150</i>			<i>5:00</i>			
Set 4	3 X 50	Stroke	Swim	1:10	3 X 50	Stroke	Swim	1:10	3 X 25	Stroke	Swim	1:10			
	3 X 50	Free	Swim	1:10	3 X 50	Free	Swim	1:10	3 X 25	Free	Swim	1:10			
	Alternate Stroke and Free				Alternate Stroke and Free				Alternate Stroke and Free						
<i>Set Total</i>	<i>300</i>			<i>7:00</i>	<i>300</i>			<i>7:00</i>	<i>150</i>			<i>7:00</i>			
Warm-down	100	Free	Swim	4:00	100	Free	Swim	4:00	100	Free	Swim	4:00			
Total	3000			1.7 Miles	01:00:25	3000			1.7 Miles	01:02:00	1900			1.1 Miles	01:00:25