

	Group 1				Group 1				Group 1			
Warm-up	2 X 200	Free	Swim	4:00	2 X 200	Free	Swim	4:00	2 X 100	Free	Swim	3:00
	2 X 50	Free	Kick	1:00	2 X 50	Free	Kick	1:00	2 X 50	Free	Kick	2:00
	2 X 100	Free	Pull	2:00	2 X 100	Free	Pull	2:00	2 X 100	Free	Pull	3:00
Set Total	700			14:00	700			14:00	500			16:00
Set 1	10 X 50	Stroke	Swim	1:00	10 X 50	Stroke	Swim	1:10	10 X 25	Stroke	Swim	0:45
Set Total	500			10:00	500			11:40	250			7:30
Set 2	1 X 500	Free	Swim	7:30	1 X 500	Free	Swim	8:20	1 X 250	Free	Swim	7:30
		Broken 100				Broken 100				Broken 50		
Set Total	500			7:30	500			8:20	250			7:30
Set 3	5 X 100	IM	Swim	1:50	5 X 100	IM	Swim	2:00	5 X 50	Free	Swim	1:30
Set Total	500			9:10	500			10:00	250			7:30
Set 4	1 X 500	Free	Swim	7:30	1 X 500	Free	Swim	8:20	1 X 250	Free	Swim	7:30
Set Total	500			7:30	500			8:20	250			7:30
Set 5	1 X 50	Free	Swim	0:45	1 X 50	Free	Swim	0:50	1 X 25	Free	Swim	0:45
	1 X 100	Free	Swim	1:30	1 X 100	Free	Swim	1:40	1 X 50	Free	Swim	1:30
	1 X 150	Free	Swim	2:15	1 X 150	Free	Swim	2:30	1 X 75	Free	Swim	2:15
	1 X 200	Free	Swim	3:00	1 X 200	Free	Swim	3:20	1 X 100	Free	Swim	3:00
Set Total	500			7:30	500			8:20	250			7:30
Set 6	1 X 500	Free	Swim	7:30	1 X 500	Free	Swim	8:20	1 X 250	Free	Swim	7:30
		Broken 100				Broken 100				Broken 50		
Set Total	500			7:30	500			8:20	250			7:30
Set 7	2 X 250	Free	Swim	3:45	2 X 250	Free	Swim	4:10	2 X 125	Free	Swim	3:45
Set Total	500			7:30	500			8:20	250			7:30
Set 8	1 X 500	Free	Swim	7:30	1 X 500	Free	Swim	8:20	1 X 250	Free	Swim	7:30
Set Total	500			7:30	500			8:20	250			7:30
Set 9	10 X 50	Stroke	Swim	1:00	10 X 50	Stroke	Swim	1:10	10 X 25	Stroke	Swim	0:45
Set Total	500			10:00	500			11:40	250			7:30
Warm-down	100	Free	Swim	2:00	100	Free	Swim	2:00	100	Free	Swim	2:00
Total	5300	3.0 Miles	01:30:10		5300	3.0 Miles	01:39:20		2850	1.6 Miles	01:25:30	