

	Group 1				Group 2				Group 3						
Warm-up	2 X 200	Free	Swim	2:00	2 X 200	Free	Swim	2:00	2 X 200	Free	Swim	2:00			
	2 X 50	Free	Kick	2:30	2 X 50	Free	Kick	2:30	2 X 50	Free	Kick	2:30			
	2 X 100	Free	Pull	2:00	2 X 100	Free	Pull	2:00	2 X 100	Free	Pull	2:00			
Set Total	700			13:00	700			13:00	700			13:00			
Set 1	1 X 400	IM	Swim	8:00	1 X 400	IM	Swim	8:00	1 X 400	IM	Swim	8:00			
	1 X 100	Free	Swim	1:40	1 X 100	Free	Swim	1:40	1 X 100	Free	Swim	1:40			
	1 X 200	Free	Swim	3:00	1 X 200	Free	Swim	3:00	1 X 200	Free	Swim	3:00			
	4 X 50	Fly	Swim	1:10	4 X 50	Fly	Swim	1:10	4 X 50	Fly	Swim	1:10			
	1 X 200	Free	Swim	3:00	1 X 200	Free	Swim	3:00	1 X 200	Free	Swim	3:00			
	1 X 200	IM	Swim	4:00	1 X 200	IM	Swim	4:00	1 X 200	IM	Swim	4:00			
	2 X 100	Fly	Swim	1:50	2 X 100	Fly	Swim	1:50	2 X 100	Fly	Swim	1:50			
Set Total	1500			28:00	1500			28:00	1500			28:00			
Set 2	8 X 50	Free	Swim	0:55	8 X 50	Free	Swim	0:55	8 X 50	Free	Swim	0:55			
Set Total	400			7:20	400			7:20	400			7:20			
Warm-down	100	Free	Swim	2:30	100	Free	Swim	2:30	100	Free	Swim	2:30			
<b>Total</b>	<b>2700</b>			<b>1.5 Miles</b>	<b>00:50:50</b>	<b>2700</b>			<b>1.5 Miles</b>	<b>00:50:50</b>	<b>2700</b>			<b>1.5 Miles</b>	<b>00:50:50</b>