

Group 1

010531b.XLS

| Total Dist | Total Time | sets | reps | | dist | | intrvl | Description |
|---------------|---------------|------|------|---|------|---|--------|--|
| 300 | 4:30 | 1 | 1 | x | 300 | @ | 4:30 | free: even lengths FT drill |
| 600 | 10:30 | 1 | 1 | x | 300 | @ | 6:00 | free kick: 100 moderate, 25 sprint, 75 mod, 25 sp, 50 mod, 25 sp |
| 900 | 16:30 | 3 | 2 | x | 50 | @ | 1:00 | sprint kick |
| 1050 | 19:30 | 3 | 1 | x | 50 | @ | 1:00 | ez kick |
| 1050 | 20:30 | 1 | 1 | x | 0 | @ | 1:00 | rest |
| 1550 | 27:35 | 1 | 5 | x | 100 | @ | 1:25 | free |
| 1750 | 30:15 | 1 | 1 | x | 200 | @ | 2:40 | free |
| 2150 | 35:55 | 1 | 4 | x | 100 | @ | 1:25 | free |
| 2350 | 38:35 | 1 | 1 | x | 200 | @ | 2:40 | free |
| 2650 | 42:50 | 1 | 3 | x | 100 | @ | 1:25 | free |
| 2850 | 45:30 | 1 | 1 | x | 200 | @ | 2:40 | free |
| 3050 | 48:20 | 1 | 2 | x | 100 | @ | 1:25 | free |
| 3250 | 51:00 | 1 | 1 | x | 200 | @ | 2:40 | free |
| 3350 | 52:25 | 1 | 1 | x | 100 | @ | 1:25 | free |
| 3550 | 55:05 | 1 | 1 | x | 200 | @ | 2:40 | free |
| 3850 | 59:35 | 1 | 1 | x | 300 | @ | 4:30 | warm down |

Group 2

010531b.XLS

| Total Dist | Total Time | sets | reps | | dist | | intrvl | Description |
|---------------|---------------|------|------|---|------|---|--------|--|
| 300 | 4:55 | 1 | 1 | x | 300 | @ | 4:55 | free: even lengths FT drill |
| 600 | 11:30 | 1 | 1 | x | 300 | @ | 6:35 | free kick: 100 moderate, 25 sprint, 75 mod, 25 sp, 50 mod, 25 sp |
| 800 | 15:50 | 2 | 2 | x | 50 | @ | 1:05 | sprint kick |
| 900 | 18:00 | 2 | 1 | x | 50 | @ | 1:05 | ez kick |
| 900 | 19:00 | 1 | 1 | x | 0 | @ | 1:00 | rest |
| 1400 | 26:55 | 1 | 5 | x | 100 | @ | 1:35 | free |
| 1600 | 29:50 | 1 | 1 | x | 200 | @ | 2:55 | free |
| 2000 | 36:10 | 1 | 4 | x | 100 | @ | 1:35 | free |
| 2200 | 39:05 | 1 | 1 | x | 200 | @ | 2:55 | free |
| 2500 | 43:50 | 1 | 3 | x | 100 | @ | 1:35 | free |
| 2700 | 46:45 | 1 | 1 | x | 200 | @ | 2:55 | free |
| 2900 | 49:55 | 1 | 2 | x | 100 | @ | 1:35 | free |
| 3100 | 52:50 | 1 | 1 | x | 200 | @ | 2:55 | free |
| 3200 | 54:25 | 1 | 1 | x | 100 | @ | 1:35 | free |
| 3400 | 57:20 | 1 | 1 | x | 200 | @ | 2:55 | free |
| 3500 | 58:50 | 1 | 1 | x | 100 | @ | 1:30 | warm down |

Group 3

010531b.XLS

| Total Dist | Total Time | sets | reps | | dist | | intrvl | Description |
|---------------|---------------|------|------|---|------|---|--------|--|
| 300 | 5:20 | 1 | 1 | x | 300 | @ | 5:20 | free: even lengths FT drill |
| 600 | 12:25 | 1 | 1 | x | 300 | @ | 7:05 | free kick: 100 moderate, 25 sprint, 75 mod, 25 sp, 50 mod, 25 sp |
| 900 | 19:25 | 3 | 2 | x | 50 | @ | 1:10 | sprint kick |
| 1050 | 22:55 | 3 | 1 | x | 50 | @ | 1:10 | ez kick |
| 1050 | 23:55 | 1 | 1 | x | 0 | @ | 1:00 | rest |
| 1450 | 30:35 | 1 | 4 | x | 100 | @ | 1:40 | free |
| 1650 | 33:45 | 1 | 1 | x | 200 | @ | 3:10 | free |
| 1950 | 38:45 | 1 | 3 | x | 100 | @ | 1:40 | free |
| 2150 | 41:55 | 1 | 1 | x | 200 | @ | 3:10 | free |
| 2350 | 45:15 | 1 | 2 | x | 100 | @ | 1:40 | free |
| 2550 | 48:25 | 1 | 1 | x | 200 | @ | 3:10 | free |
| 2650 | 50:05 | 1 | 1 | x | 100 | @ | 1:40 | free |
| 2850 | 53:15 | 1 | 1 | x | 200 | @ | 3:10 | free |
| 2950 | 54:55 | 1 | 1 | x | 100 | @ | 1:40 | free |
| 3150 | 58:05 | 1 | 1 | x | 200 | @ | 3:10 | free |
| 3250 | 60:05 | 1 | 1 | x | 100 | @ | 2:00 | warm down |

Group 4

010531b.XLS

| Total Dist | Total Time | sets | reps | | dist | | intrvl | Description |
|---------------|---------------|------|------|---|------|---|--------|--|
| 300 | 5:40 | 1 | 1 | x | 300 | @ | 5:40 | free: even lengths FT drill |
| 600 | 13:15 | 1 | 1 | x | 300 | @ | 7:35 | free kick: 100 moderate, 25 sprint, 75 mod, 25 sp, 50 mod, 25 sp |
| 800 | 18:15 | 2 | 2 | x | 50 | @ | 1:15 | sprint kick |
| 900 | 20:45 | 2 | 1 | x | 50 | @ | 1:15 | ez kick |
| 900 | 21:45 | 1 | 1 | x | 0 | @ | 1:00 | rest |
| 1300 | 28:45 | 1 | 4 | x | 100 | @ | 1:45 | free |
| 1500 | 32:05 | 1 | 1 | x | 200 | @ | 3:20 | free |
| 1800 | 37:20 | 1 | 3 | x | 100 | @ | 1:45 | free |
| 2000 | 40:40 | 1 | 1 | x | 200 | @ | 3:20 | free |
| 2200 | 44:10 | 1 | 2 | x | 100 | @ | 1:45 | free |
| 2400 | 47:30 | 1 | 1 | x | 200 | @ | 3:20 | free |
| 2500 | 49:15 | 1 | 1 | x | 100 | @ | 1:45 | free |
| 2700 | 52:35 | 1 | 1 | x | 200 | @ | 3:20 | free |
| 2800 | 54:20 | 1 | 1 | x | 100 | @ | 1:45 | free |
| 3000 | 57:40 | 1 | 1 | x | 200 | @ | 3:20 | free |
| 3100 | 59:40 | 1 | 1 | x | 100 | @ | 2:00 | warm down |

Group 5

010531b.XLS

| Total Dist | Total Time | sets | reps | | dist | | intrvl | Description |
|---------------|---------------|------|------|---|------|---|--------|--|
| 300 | 6:00 | 1 | 1 | x | 300 | @ | 6:00 | free: even lengths FT drill |
| 600 | 14:00 | 1 | 1 | x | 300 | @ | 8:00 | free kick: 100 moderate, 25 sprint, 75 mod, 25 sp, 50 mod, 25 sp |
| 800 | 19:20 | 2 | 2 | x | 50 | @ | 1:20 | sprint kick |
| 900 | 22:00 | 2 | 1 | x | 50 | @ | 1:20 | ez kick |
| 900 | 23:00 | 1 | 1 | x | 0 | @ | 1:00 | rest |
| 1300 | 30:40 | 1 | 4 | x | 100 | @ | 1:55 | free |
| 1500 | 34:15 | 1 | 1 | x | 200 | @ | 3:35 | free |
| 1800 | 40:00 | 1 | 3 | x | 100 | @ | 1:55 | free |
| 2000 | 43:35 | 1 | 1 | x | 200 | @ | 3:35 | free |
| 2200 | 47:25 | 1 | 2 | x | 100 | @ | 1:55 | free |
| 2400 | 51:00 | 1 | 1 | x | 200 | @ | 3:35 | free |
| 2500 | 52:55 | 1 | 1 | x | 100 | @ | 1:55 | free |
| 2700 | 56:30 | 1 | 1 | x | 200 | @ | 3:35 | free |
| 2800 | 58:30 | 1 | 1 | x | 100 | @ | 2:00 | warm down |

Group 6

010531b.XLS

| Total Dist | Total Time | sets | reps | | dist | | intrvl | Description |
|---------------|---------------|------|------|---|------|---|--------|--|
| 300 | 7:10 | 1 | 1 | x | 300 | @ | 7:10 | free: even lengths FT drill |
| 600 | 16:45 | 1 | 1 | x | 300 | @ | 9:35 | free kick: 100 moderate, 25 sprint, 75 mod, 25 sp, 50 mod, 25 sp |
| 800 | 23:05 | 2 | 2 | x | 50 | @ | 1:35 | sprint kick |
| 900 | 26:15 | 2 | 1 | x | 50 | @ | 1:35 | ez kick |
| 900 | 27:15 | 1 | 1 | x | 0 | @ | 1:00 | rest |
| 1300 | 36:15 | 1 | 4 | x | 100 | @ | 2:15 | free |
| 1500 | 40:30 | 1 | 1 | x | 200 | @ | 4:15 | free |
| 1800 | 47:15 | 1 | 3 | x | 100 | @ | 2:15 | free |
| 2000 | 51:30 | 1 | 1 | x | 200 | @ | 4:15 | free |
| 2200 | 56:00 | 1 | 2 | x | 100 | @ | 2:15 | free |
| 2300 | 59:00 | 1 | 1 | x | 100 | @ | 3:00 | warm down |