

	ce		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	4 x 100 IM Swim 4 x 100 IM Kick	800	4 x 100 IM Swim 3 x 100 IM Kick	700	3 x 100 IM Swim 3 x 100 IM Kick	600
Sprint	20 x 25 Kick on 1:00 [12.5 All out + 12.5 Easy]	500	20 x 25 Choice on 1:00 [12.5 All out + 12.5 Easy]	500	20 x 25 Choice on 1:00 [12.5 All out + 12.5 Easy]	500
	100 Esay	100	100 Esay	100	100 Esay	100
Main S.	2 x [2 x 50 Choice on 1:00 2 x 100 Choice on 1:45 2 x 200 Choice on 3:00 2 x 100 Choice on 1:45 2 x 50 Choice on 1:00]	2000	2 x [2 x 50 Choice on 1:00 2 x 100 Choice on 1:45 2 x 150 Choice on 3:00 2 x 100 Choice on 1:45 2 x 50 Choice on 1:00]	1800	2 x [2 x 50 Choice on 1:00 2 x 75 Choice on 1:45 2 x 150 Choice on 3:15 2 x 75 Choice on 1:45 2 x 50 Choice on 1:00]	1600
	100 Easy between sets	200	100 Easy between sets	200	100 Easy between sets	200
Hypox.	600 Hypox.	600	500 Hypox.	500	400 Hypox.	400
W.D.	100 Easy	100	100 Easy		100 Easy	100
Total		4300		3800		3500
Total Check :		4300	% of Total workout :			
	Primary		EN3 / SP1		WEEK :	22
	Secondary		SP2 / SP3		DAY :	7
	Maintnance		EN1 / EN2 / REC			