

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	500 Swim 500 Pull	1000	400 Swim 400 Pull	800	300 Swim 300 Pull	600
Sprint	8 x 75 Choice on 2:00 [every 25 - 6 strokes all out]	600	8 x 75 Choice on 2:00 [every 25 - 6 strokes all out]	600	8 x 75 Choice on 2:00 [every 25 - 6 strokes all out]	600
	100 Easy	100	100 Easy	100	100 Easy	100
Main S.	2 x [4 x 100 Choice on 2:00] Desc. 1-4	800	2 x [4 x 100 Choice on 2:00] Desc. 1-4	800	2 x [4 x 100 Choice on 2:00] Desc. 1-4	800
	100 Easy between sets	200	100 Easy between sets	200	100 Easy between sets	200
Kick	6 x 100 Kick on 2:30 [every 50, 10 m all out]	600	6 x 100 Kick on 2:30 [every 50, 10 m all out]	600	6 x 75 Kick on 2:30 [1st and 3rd 25, 10 m all out]	450
	100 Easy	100	100 Easy	100	100 Easy	100
Drills	500 Drills	500	400 Drills	400	300 Drills	300
W.D.	100 Easy	100	100 Easy	100	100 Easy	100
Total		4000		3700		3250
Total Check :		4000	% of Total workout :			
	Primary		SP1/SP2		WEEK :	23
	Secondary		SP3		DAY :	5
	Maintenance		EN1 / EN2 / REC			