

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	8 x 100 I.M. 300 Kick	1100	7 x 100 I.M. 300 Kick	1000	6 x 100 I.M. 200 Kick	800
Sprint	10 x 50 [25 Back + 25 Free] on 1:00	500	10 x 50 [25 Back + 25 Free] on 1:00	500	10 x 50 [25 Back + 25 Free] on 1:00	500
	50 Easy	50	50 Easy	50	50 Easy	50
Kick	16 x 50 Kick on 1:10 [12.5 sprint + 37.5 easy]	800	14 x 50 Kick on 1:20 [12.5 sprint + 37.5 easy]	700	12 x 50 Kick on 1:30 [12.5 sprint + 37.5 easy]	600
Main S.	4 x [4 x 50 Choice] 1 - On 1:00 2 - On 0:55 3 - On 0:50 4 - On 0:45 Keep the same speed	800	4 x [4 x 50 Choice + 50 Easy] 1 - On 1:10 2 - On 1:05 3 - On 1:00 4 - On 0:55 Keep the same speed	800	4 x [4 x 50 Choice + 50 Easy] 1 - On 1:20 2 - On 1:15 3 - On 1:05 4 - On 1:00 Keep the same speed	1000
	50 Easy between sets	200	50 Easy between sets	200	50 Easy between sets	200
Hypox.	4 x 200 Free Pull on 3:30 even 25 breath no breathing	800	4 x 150 Free Pull on 3:30 even 25 breath every 6th stroke	600	4 x 150 Free Pull on 3:40 even 25 breath every 6th stroke	600
W.D.	150 Warm down	150	150 Warm down	150	150 Warm down	150
Total		4400		4000		3900
Total Check :		4400	% of Total workout :			
	Primary		SP1/SP2		WEEK :	25
	Secondary		SP3		DAY :	1
	Maintenance		EN1 / EN2 / REC			