

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	1000 W.U. Choice	1000	800 W.U. Choice	800	600 W.U. Choice	600
Sprint	16 x 25 Choice on 0:45 group of 4 1 - 10 meters sprint 2 - easy 3 - 25 meters sprint 4 - easy	400	16 x 25 Choice on 0:45 group of 4 1 - 10 meters sprint 2 - easy 3 - 25 meters sprint 4 - easy	400	16 x 25 Choice on 0:45 group of 4 1 - 10 meters sprint 2 - easy 3 - 25 meters sprint 4 - easy	400
	16 x 25 Fly on 0:45 group of 4 1 - arms Fly, kick Free 2 - one arm Fly 3 - one arm Fly 4 - Fly sprint	400	16 x 25 Fly on 0:45 group of 4 1 - arms Fly, kick Free 2 - one arm Fly 3 - one arm Fly 4 - Fly sprint	400	16 x 25 Fly on 0:45 group of 4 1 - arms Fly, kick Free 2 - one arm Fly 3 - one arm Fly 4 - Fly sprint	400
Drills	8 x 100 Drills on 2:15	800	8 x 100 Drills on 2:15	800	6 x 100 Drills on 3:00	800
Main S.	10 x 50 Stroke on 0:55 100 easy 10 x 50 Stroke on 0:50 100 easy 10 x 50 Stroke on 0:45 100 easy	1800	8 x 50 Stroke on 1:05 100 easy 8 x 50 Stroke on 1:00 100 easy 8 x 50 Stroke on 0:55 100 easy	1500	7 x 50 Stroke on 1:15 100 easy 7 x 50 Stroke on 1:10 100 easy 7 x 50 Stroke on 1:05 100 easy	1350
Kick	600 easy kick	600	400 easy kick	400	300 easy kick	300
W.D.	100 Warm down	100	100 Warm down	100	100 Warm down	100
Total		5100		4400		3950
Total Check :		5100	% of Total workout :			
	Primary		SP1/SP2		WEEK :	25
	Secondary		SP3		DAY :	3
	Maintnance		EN1 / EN2 / REC			