

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	200 IM 200 Kick 200 IM	600	200 IM 200 Kick 200 IM	600	200 IM 200 Kick 200 IM	600
Sprint	12 x 25 alt. Fly/Breast on 1:00 All out	300	12 x 25 alt. Fly/Breast on 1:00 All out	300	12 x 25 alt. Fly/Breast on 1:00 All out	300
	100 easy	100	100 easy	100	100 easy	100
Main S.	4 x [ 3 x 50 Choice on 0:50 + 2 x 25 Sprint on 0:40 ]	800	4 x [ 3 x 50 Choice on 0:55 + 2 x 25 Sprint on 0:45 ]	800	4 x [ 3 x 50 Choice on 0:55 + 2 x 25 Sprint on 0:45 ]	800
	100 easy between sets	400	100 easy between sets	400	100 easy between sets	400
Drills	12 x 50 Free on 1:05 as little strokes as possible	600	12 x 50 Free on 1:05 as little strokes as possible	600	12 x 50 Free on 1:05 as little strokes as possible	600
Kick	10 x 50 Kick on 1:15 sprint 10 m from the wall alt. 50 Back 50 Free	500	10 x 50 Kick on 1:15 sprint 10 m from the wall alt. 50 Back 50 Free	500	8 x 50 Kick on 1:25 sprint 10 m from the wall alt. 50 Back 50 Free	400
W.D.	200 Warm down	200	100 Warm down	100	100 Warm down	100
<b>Total</b>		<b>3500</b>		<b>3400</b>		<b>3300</b>
<b>Total Check :</b>		<b>3500</b>	<b>% of Total workout :</b>			
	Primary		SP1/SP2		WEEK :	30
	Secondary		SP3		DAY :	1
	Maintenance		EN1 / EN2 / REC			