

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	200 Swim 200 Kick 200 Swim	600	200 Swim 200 Kick 200 Swim	600	200 Swim 200 Kick 200 Swim	600
Sprint	6 x 25 Free Allout on 1:00	150	6 x 25 Free Allout on 1:00	150	6 x 25 Free Allout on 1:00	150
	6 x 25 Back Allout on 1:00	150	6 x 25 Back Allout on 1:00	150	6 x 25 Back Allout on 1:00	150
Main S.	6 x 400 Choice on 6:00 Desc. 1 - 3	2400	6 x 300 Choice on 6:00 Desc. 1 - 3	1800	6 x 250 Choice on 6:00 Desc. 1 - 3	1500
	100 Easy	100	100 Easy	100	100 Easy	100
Kick	600 Easy Kick	600	500 Easy Kick	500	400 Easy Kick	400
W.D.	200 Warm down	200	100 Warm down	100	100 Warm down	100
Total		4200		3400		3000
Total Check :		4200	% of Total workout :			
	Primary		SP1/SP2		WEEK :	30
	Secondary		SP3		DAY :	5