

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	6 x 100 IM	600	6 x 100 IM	600	6 x 100 IM	600
Sprint	4 x 50 Choice on 1:30 All out	200	4 x 50 Choice on 1:30 All out	200	4 x 50 Choice on 1:30 All out	200
	100 Easy	100	100 Easy	100	100 Easy	100
Main S.	3 x [ 4 x 50 Choice on 0:40 + ]	600	3 x [ 4 x 50 Choice on 0:45 + ]	600	3 x [ 4 x 50 Choice on 0:50 + ]	600
	100 easy between sets	300	100 easy between sets	300	100 easy between sets	300
Drills	12 x 50 Free on 1:10 Catch up	600	12 x 50 Free on 1:10 Catch up	600	12 x 50 Free on 1:10 Catch up	600
Kick	6 x 50 Kick on 1:20 sprint 10 m from the wall alt. 50 Back 50 Free	300	6 x 50 Kick on 1:20 sprint 10 m from the wall alt. 50 Back 50 Free	300	6 x 50 Kick on 1:20 sprint 10 m from the wall alt. 50 Back 50 Free	300
W.D.	200 Warm down	200	100 Warm down	100	100 Warm down	100
<b>Total</b>		<b>2900</b>		<b>2800</b>		<b>2800</b>
<b>Total Check :</b>		<b>2900</b>	<b>% of Total workout :</b>			
	Primary		SP1/SP2		WEEK :	31
	Secondary		SP3		DAY :	1
	Maintenance		EN1 / EN2 / REC			