Group I		Group II		Group III	
Set	meters	Set	meters	Set	meters
300 Swim 300 Kick 300 Pull	900	300 Swim 200 Kick 200 Pull	700	200 Swim 200 Kick 200 Pull	600
8 x 100 Drills [Swim IM by 100, as little strokes as possible]	800	8 x 100 Drills [Swim IM by 100, as little strokes as possible]	800	8 x 100 Drills [Swim IM by 100, as little strokes as possible]	800
100 Easy	100	100 Easy	100	100 Easy	100
2 x [6 x 150 Choice on 4:00] 90-100% of Max. Speed	1800	2 x [6 x 150 Choice on 4:00] 90-100% of Max. Speed	1800	2 x [6 x 125 Choice on 4:00] 90-100% of Max. Speed	1500
200 Easy between sets	400	200 Easy between sets	400	200 Easy between sets	400
8 x 100 Hypox. [2 breaths per 25]	800	8 x 100 Drills [3 breaths per 25]	800	8 x 100 Drills [4 breaths per 25]	800
100 Easy	100	100 Easy	100	100 Easy	100
	4900		4700		4300
Total Check :	4900			% of Total workout :	
Primary				WEEK:	33
•				DAY :	3
	Set 300 Swim 300 Kick 300 Pull 8 x 100 Drills [Swim IM by 100, as little strokes as possible] 100 Easy 2 x [6 x 150 Choice on 4:00] 90-100% of Max. Speed 200 Easy between sets 8 x 100 Hypox. [2 breaths per 25] 100 Easy Total Check:	Set meters 300 Swim 300 Kick 300 Pull 900 8 x 100 Drills 800 [Swim IM by 100, as little strokes as possible] 100 100 Easy 100 2 x [1800 6 x 150 Choice on 4:00] 90-100% of Max. Speed 200 Easy between sets 400 8 x 100 Hypox. 800 [2 breaths per 25] 100 Total Check : 4900 Primary Secondary Secondary	Set meters Set 300 Swim 300 Kick 300 Pull 900 300 Swim 200 Kick 200 Pull 8 x 100 Drills 8 x 100 Drills Swim IM by 100, as little strokes as possible 100 Easy 100 Easy 100 Easy 100 Easy 100 Easy 100 Easy 2 x [Set meters Set meters 300 Swim 300 Kick 300 Pull 900 300 Swim 200 Kick 200 Pull 700 3 x 100 Drills [Swim IM by 100, as little strokes as possible] 800 [Swim IM by 100, as little strokes as possible] 800 [Swim IM by 100, as little strokes as possible] 100 100 Easy 100 Easy 100 2 x [6 x 150 Choice on 4:00] [90-100% of Max. Speed 2 x [6 x 150 Choice on 4:00] [90-100% of Max. Speed 1800 [90-100% of Max. Speed 200 Easy between sets 400 [3 x 100 Hypox. [2 breaths per 25] 800 [3 breaths per 25] 800 [3 breaths per 25] 800 [3 breaths per 25] 100 100 Easy 100 100 Easy 100 100 Easy 100 100 Easy 100	Set meters Set meters Set 300 Swim 300 Kick 300 Pull 900 300 Swim 200 Kick 200 Pull 700 200 Swim 200 Kick 200 Pull 3 x 100 Drills 800 8 x 100 Drills 800 8 x 100 Drills [Swim IM by 100, as little strokes as possible] [S