

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	500 Swim 500 Pull	1000	400 Swim 400 Pull	800	300 Swim 300 Pull	600
Sprint	8 x 75 Choice on 2:00 [ every 25 - 6 strokes all out]	600	8 x 75 Choice on 2:00 [ every 25 - 6 strokes all out]	600	8 x 75 Choice on 2:00 [ every 25 - 6 strokes all out]	600
	100 Easy	100	100 Easy	100	100 Easy	100
Main S.	2 x [ 4 x 100 Choice on 2:00 ] Desc. 1-4	800	2 x [ 4 x 100 Choice on 2:00 ] Desc. 1-4	800	2 x [ 4 x 100 Choice on 2:00 ] Desc. 1-4	800
	100 Easy between sets	200	100 Easy between sets	200	100 Easy between sets	200
Kick	6 x 100 Kick on 2:30 [ every 50, 10 m all out ]	600	6 x 100 Kick on 2:30 [ every 50, 10 m all out ]	600	6 x 75 Kick on 2:30 [ 1st and 3rd 25, 10 m all out ]	450
	100 Easy	100	100 Easy	100	100 Easy	100
Drills	500 Drills	500	400 Drills	400	300 Drills	300
W.D.	100 Easy	100	100 Easy	100	100 Easy	100
<b>Total</b>		<b>4000</b>		<b>3700</b>		<b>3250</b>
<b>Total Check :</b>		<b>4000</b>	<b>% of Total workout :</b>			
	Primary		SP1/SP2		WEEK :	44
	Secondary		SP3		DAY :	5
	Maintenance		EN1 / EN2 / REC			