

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	400 Kick 400 Swim	800	300 Kick 300 Swim	600	200 Kick 300 Swim	500
	10 x 50 Pull on 1:00	500	10 x 50 Pull on 1:00	500	10 x 50 Pull on 1:00	500
	4 x (25 sprint + 75 easy)	400	4 x (25 sprint + 75 easy)	400	4 x (25 sprint + 75 easy)	400
	2 x 50 Choice All out	100	2 x 50 Choice	100	2 x 50 Choice	100
	400 Drills	400	400 Drills	400	300 Drills	300
Main S.	6 x 100 Choice on 2:00 Odd - Easy Even - All out	600	6 x 100 Choice on 2:10 Odd - Easy Even - All out	600	6 x 75 Choice on 2:00 Odd - Easy Even - All out	450
Kick	100 easy	100	100 easy	100	100 easy	100
	6 x 100 Kick on 2:10	600	6 x 100 Kick on 2:10	600	6 x 75 Kick on 2:10	450
Pull	10 x 50 Underwater Kick on 1:15	500	10 x 50 Underwater Kick on 1:15	500	10 x 50 Underwater Kick on 1:15	500
W.D.	200 Warm down	200	200 Warm down	200	200 Warm down	200
Total		4200		4000		3500
Total Check :		4200	% of Total workout :			
	Primary		SP1/SP2		WEEK :	45
	Secondary		SP3		DAY :	1
	Maintenance		EN1 / EN2 / REC			