

	ce		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	4 x 100 IM Swim 4 x 100 IM Kick	800	4 x 100 IM Swim 4 x 100 IM Kick	800	3 x 100 IM Swim 3 x 100 IM Kick	600
Sprint	8 x [25 IM on 0:45 All out + 50 Drills on 1:00]	600	8 x [25 IM on 0:45 All out + 50 Drills on 1:00]	600	8 x [25 IM on 0:45 All out + 50 Drills on 1:00]	600
Sprint	8 x 25 Choice on 0:45 Odd - 12.5 sprint Even - Alternate Fly/Br	200	8 x 25 Choice on 0:45 Odd - 12.5 sprint Even - Alternate Fly/Br	200	8 x 25 Choice on 0:45 Odd - 12.5 sprint Even - Alternate Fly/Br	200
Main S.	4 x(4 x 50 Choice on 1:00) Desc 1 -4	800	4 x(4 x 50 Choice on 1:10) Desc 1 -4	900	4 x(3 x 50 Choice on 1:20) Desc 1 -4	700
	100 easy	100	100 easy		100 easy	
	16 x 50 Kick/Drills on 1:20 Odd - Kick Even - Drills	800	16 x 50 Kick/Drills on 1:20 Odd - Kick Even - Drills	800	16 x 50 Kick/Drills on 1:20 Odd - Kick Even - Drills	800
Hypx	2 x 500 hypox.	1000	2 x 400 hypox.	800	2 x 300 hypox	600
W.D.	200 Warm down	200	200 Warm down		200 Warm down	
Total		4500		4100		3500
Total Check :		4500	% of Total workout :			
	Primary		SP1/SP2		WEEK :	45
	Secondary		SP3		DAY :	3
	Maintnance		EN1 / EN2 / REC			