

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	300 Swim 300 Kick 300 Pull	900	300 Swim 200 Kick 200 Pull	700	200 Swim 200 Kick 200 Pull	600
	4 x 25 Fly on 0:40 Desc. 4 x 25 Back on 0:40 Desc. 4 x 25 Breast on 0:40 Desc. 4 x 25 Free on 0:40 Desc.	300	4 x 25 Fly on 0:40 Desc. 4 x 25 Back on 0:40 Desc. 4 x 25 Breast on 0:40 Desc. 4 x 25 Free on 0:40 Desc.	300	4 x 25 Fly on 0:40 Desc. 4 x 25 Back on 0:40 Desc. 4 x 25 Breast on 0:40 Desc. 4 x 25 Free on 0:40 Desc.	300
Sprint	16 x 25 Kick/Swim on 0:50	400	16 x 25 Kick/Swim on 0:50	400	16 x 25 Kick/Swim on 0:50	400
Drills	8 x 50 Drills on 1:15	400	8 x 50 Drills on 1:15	400	6 x 50 Drills on 1:25	300
Main S.	4 x [8 x 25 on 0:45] odd - fast, 1sec. Off PB even - very easy	800	4 x (8 x 25 on 0:45) odd - fast, 1sec. Off PB even - very easy	800	4 x (8 x 25 on 0:45) odd - fast, 1sec. Off PB even - very easy	800
	100 easy	100	100 easy	100	100 easy	100
Main S.	12 x 50 Best Stroke on 1:15 1,2 - esay 3 - fast	600	12 x 50 Best Stroke on 1:15 1,2 - esay 3 - fast	600	12 x 50 Best Stroke on 1:15 1,2 - esay 3 - fast	600
	100 easy	100	100 easy	100	100 easy	100
Pull	1000 Pull - long stroke try no breath 25 for every 100	1000	800 Pull - long stroke try no breath 25 for every 100	800	600 Pull - long stroke try no breath 25 for every 100	600
W.D.	200 Warm down	200	200 Warm down	200	100 Warm down	100
Total		4800		4400		3900
Total Check :		4800	% of Total workout :			
	Primary		SP1/SP2		WEEK :	45
	Secondary		SP3		DAY :	7
	Maintnance		EN1 / EN2 / REC			