

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	8 x 100 I.M.	800	7 x 100 I.M.	700	6 x 100 I.M.	600
	10 x 50 [25 Fly+25 Free] on 1:00	500	10 x 50 [25 Fly+25 Free] on 1:00	500	10 x 50 [25 Fly+25 Free] on 1:00	500
	50 easy	50	50 easy	50	50 easy	50
Kick	16 x 50 Kick on 1:10 12.5 sprin the wall	800	14 x 50 Kick on 1:20 12.5 sprin the wall	700	12 x 50 Kick on 1:30 12.5 sprin the wall	600
Main S.	3 x [100 Choice on 1:45 2 x 50 Choice on 0:50 2 x 25 Choice Sprint on 0:40 50 easy]	900	3 x [100 Choice on 2:00 2 x 50 Choice on 0:55 2 x 25 Choice Sprint on 0:40 50 easy]	900	3 x [100 Choice on 2:20 2 x 50 Choice on 1:10 2 x 25 Choice Sprint on 0:40 50 easy]	900
Main S.	2 x [4 x 50 Stroke on 0:45]	400	2 x [4 x 50 Stroke on 0:50]	400	2 x [4 x 50 Stroke on 1:00]	400
	50 easy	50	50 easy	50	50 easy	50
Hypox.	4 x 200 Free Pull on 3:30 breath every 6th stroke	800	4 x 150 Free Pull on 3:30 breath every 6th stroke	600	4 x 150 Free Pull on 3:40 breath every 6th stroke	600
W.D.	200 Warm down	200	200 Warm down	200	200 Warm down	200
Total		4500		4100		3900
Total Check :		4500	% of Total workout :			
	Primary		SP1/SP2		WEEK :	46
	Secondary		SP3		DAY :	5