

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	4 x 100 IM reverse order 4 x 100 IM Kick reverse order	800	4 x 100 IM reverse order 4 x 100 IM Kick reverse order	800	4 x 100 IM reverse order 4 x 100 IM Kick reverse order	800
	8 x 25 on 0:45 Odd - Fly all out Even - one arm fly	200	8 x 25 on 0:45 Odd - Fly all out Even - one arm fly	200	8 x 25 on 0:45 Odd - Fly all out Even - one arm fly	200
Sprint	8 x 25 Choice - build the speed, on 0:45	200	8 x 25 Choice - build the speed, on 0:45	200	8 x 25 Choice - build the speed, on 0:45	200
	4 x 100 Choice on 2:30 Negative split	400	4 x 100 Choice on 2:30 Negative split	400	4 x 100 Choice on 2:30 Negative split	400
	100 easy	100	100 easy	100	100 easy	100
Main S.	16 x 50 golf on 1:00	800	16 x 50 golf on 1:00	800	12 x 50 golf on 1:20	600
Kick	16 x 50 Kick on 1:15	800	16 x 50 Kick on 1:15	800	12 x 50 Kick on 1:30	600
W.D.	200 Warm down	200	200 Warm down	200	200 Warm down	200
Total		3500		3500		3100
Total Check :		3500	% of Total workout :			
	Primary		SP1/SP2		WEEK :	47
	Secondary		SP3		DAY :	1
	Maintenance		EN1 / EN2 / REC			