

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	100 Fly 100 Back 100 Breast 100 Free 200 Kick 200 Pull	800	100 Fly 100 Back 100 Breast 100 Free 200 Kick 200 Pull	800	100 Fly 100 Back 100 Breast 100 Free 200 Kick 200 Pull	800
	4 x 100 Fly long gliding strokes	400	4 x 100 Fly long gliding strokes	400	4 x 100 Fly long gliding strokes	400
Sprint	2 x [8 x 50 Choice on 1:00] desc 1 - 4	800	2 x [8 x 50 Choice on 1:10] desc 1 - 4	800	2 x [6 x 50 Choice on 1:20] desc 1 - 4	600
	100 easy between and after sets	200	100 easy between and after sets	200	100 easy between and after sets	200
Main S.	5 x 300 Free on 4:30 Desc. 1 - 5	1500	5 x 250 Free on 4:30 Desc. 1 - 5	1250	5 x 200 Free on 4:30 Desc. 1 - 5	1000
	100 easy	100	100 easy	100	100 easy	100
Kick	8 x 50 Kick on 1:15 alt. Free/Back	400	8 x 50 Kick on 1:25 alt. Free/Back	400	8 x 50 Kick on 1:30 alt. Free/Back	400
Hypox	400 easy hypox.	400	300 easy hypox.	300	200 easy hypox.	200
W.D.	200 Warm down	200	100 Warm down	100	100 Warm down	100
Total		4800		4350		3800
Total Check :		4800	% of Total workout :			
	Primary		SP1/SP2		WEEK :	47
	Secondary		SP3		DAY :	3
	Maintnance		EN1 / EN2 / REC			