

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	4 x 200 IM	800	3 x 200 IM	600	3 x 150 IM [no Fly]	450
Sprint	8 x 25 Choice on 0:45 Sprint 5 - 6 Strokes	200	8 x 25 Choice on 0:45 Sprint 5 - 6 Strokes	200	8 x 25 Choice on 0:45 Sprint 5 - 6 Strokes	200
Kick I.	16 x 25 Kick on 0:50 Sprint 12.5 + Easy 12.5	400	16 x 25 Kick on 0:50 Sprint 12.5 + Easy 12.5	400	16 x 25 Kick on 0:50 Sprint 12.5 + Easy 12.5	400
Main S.	2 x [3 x 200 Choice on 3:00] Desc. 1 - 3	1200	2 x [3 x 150 Choice on 3:00] Desc. 1 - 3	900	2 x [3 x 125 Choice on 3:00] Desc. 1 - 3	750
	100 Easy after each set	200	100 Easy after each set	200	75 Easy after each set	150
Drills	600 Drills of your choice	600	500 Drills of your choice	500	400 Drills of your choice	400
Pull	16 x 50 Pull on 1:00 Desc. 1 - 4	800	14 x 50 Pull on 1:10 Desc. 1 - 3	700	12 x 50 Pull on 1:20 Desc. 1 - 3	600
Hypox.	6 x 100 Hypox.	600	6 x 100 Hypox.	600	6 x 100 Hypox.	600
W.D.	200 Warm down	200	100 Warm down	100	100 Warm down	100
Total		5000		4200		3650
Total Check :		5000	% of Total workout :			
	Primary		SP1/SP2		WEEK :	47
	Secondary		SP3		DAY :	7
	Maintenance		EN1 / EN2 / REC			