

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
<b>W.U.</b>	300 Swim 300 Kick 300 Pull	<b>900</b>	300 Swim 200 Kick 200 Pull	<b>700</b>	200 Swim 200 Kick 200 Pull	<b>600</b>
	8 x 25 Breast on 0:45 long gliding strokes	<b>200</b>	8 x 25 Breast on 0:45 long gliding strokes	<b>200</b>	8 x 25 Breast on 0:45 long gliding strokes	<b>200</b>
<b>Sprint</b>	8 x 25 Choice on 0:45 [12.5 fast + 12.5 easy]	<b>200</b>	8 x 25 Choice on 0:45 [12.5 fast + 12.5 easy]	<b>200</b>	8 x 25 Choice on 0:45 [12.5 fast + 12.5 easy]	<b>200</b>
	400 Drills	<b>400</b>	300 Drills	<b>300</b>	300 Drills	<b>300</b>
<b>Main S.</b>	3 x [ 4 x 50 Choice on 0:45 ]	<b>600</b>	3 x [ 4 x 50 Choice on 0:55 ]	<b>600</b>	3 x [ 3 x 50 Choice on 1:10 ]	<b>450</b>
	100 easy between sets	<b>300</b>	100 easy between sets	<b>300</b>	50 easy between sets	<b>150</b>
<b>Kick</b>	3 x [ 4 x 50 Choice on 1:05 ]	<b>600</b>	3 x [ 4 x 50 Choice on 1:15 ]	<b>600</b>	3 x [ 3 x 50 Choice on 1:30 ]	<b>450</b>
	100 easy Kick between sets	<b>300</b>	100 easy Kick between sets	<b>300</b>	50 easy between sets	<b>150</b>
<b>Hypox</b>	4 x 100 Hypox.	<b>400</b>	3 x 100 Hypox.	<b>300</b>	2 x100 Hypox.	<b>200</b>
<b>W.D.</b>	200 Warm down	<b>200</b>	100 Warm down	<b>100</b>	100 Warm down	<b>100</b>
<b>Total</b>		<b>4100</b>		<b>3600</b>		<b>2800</b>
<b>Total Check :</b>		<b>4100</b>	<b>% of Total workout :</b>			
	Primary		SP1/SP2		WEEK :	47
	Secondary		SP3		DAY :	1
	Maintenance		EN1 / EN2 / REC			