

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
<b>W.U.</b>	4 x 100 IM reverse order 4 x 100 IM Kick reverse order	<b>800</b>	4 x 100 IM reverse order 4 x 100 IM Kick reverse order	<b>800</b>	4 x 100 IM reverse order 4 x 100 IM Kick reverse order	<b>800</b>
	8 x 25 on 0:45 Odd - one arm Fly Even - Fly all out	<b>200</b>	8 x 25 on 0:45 Odd - one arm Fly Even - Fly all out	<b>200</b>	8 x 25 on 0:45 Odd - one arm Fly Even - Fly all out	<b>200</b>
<b>Sprint</b>	8 x 50 Choice on 1:00 build the speed	<b>400</b>	8 x 50 Choice on 1:00 build the speed	<b>400</b>	8 x 50 Choice on 1:00 build the speed	<b>400</b>
	100 easy	<b>100</b>	100 easy	<b>100</b>	100 easy	<b>100</b>
	2 x 100 Choice all out on 3:00	<b>200</b>	2 x 100 Choice fast on 3:00	<b>200</b>	2 x 100 Choice fast on 3:00	<b>200</b>
	100 easy	<b>100</b>	100 easy	<b>100</b>	100 easy	<b>100</b>
<b>Main S.</b>	16 x 50 golf on 1:00	<b>800</b>	16 x 50 golf on 1:00	<b>800</b>	16 x 50 golf on 1:00	<b>800</b>
<b>Kick</b>	400 easy kick	<b>400</b>	400 easy kick	<b>400</b>	400 easy kick	<b>400</b>
<b>W.D.</b>	200 Warm down	<b>200</b>	200 Warm down	<b>200</b>	200 Warm down	<b>200</b>
<b>Total</b>		<b>3200</b>		<b>3200</b>		<b>3200</b>
<b>Total Check :</b>		<b>3200</b>	<b>% of Total workout :</b>			
	Primary		SP1/SP2		WEEK :	48
	Secondary		SP3		DAY :	5