

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	4 x 100 IM 200 Swim	600	3 x 100 IM 200 Swim	500	3 x 100 IM 100 Swim	400
Kick	12 x 25 Kick on 0:45 alt. Fly/Back/Free no borad	300	12 x 25 Kick on 0:45 alt. Fly/Back/Free no borad	300	12 x 25 Kick on 0:45 alt. Fly/Back/Free no borad	300
	100 easy	100	100 easy	100	100 easy	100
Main S.	10 x 50 Choice on 1:15 10 m sprint from the wall	500	10 x 50 Choice on 1:15 10 m sprint from the wall	500	8 x 50 Choice on 1:30 10 m sprint from the wall	400
	100 easy	100	125 easy	100	100 easy	100
Drills	6 x 100 Drills on 2:30 Do your favorite drills	600	6 x 100 Drills on 2:30 Do your favorite drills	600	6 x 100 Drills on 2:30 Do your favorite drills	600
Hypox.	10 x 50 Free on 1:15	500	8 x 50 Free on 1:20	400	6 x 50 Free on 1:25	300
W.D.	200 Warm down	200	100 Warm down	100	100 Warm down	100
<b>Total</b>		<b>2900</b>		<b>2600</b>		<b>2300</b>
<b>Total Check :</b>		<b>2900</b>	<b>% of Total workout :</b>			
	Primary		SP1/SP2		WEEK :	50
	Secondary		SP3		DAY :	1
	Maintenance		EN1 / EN2 / REC			