

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	6 x 100 IM, 200 Kick	600	4 x 100 IM , 200 Kick	600	3 x 100 IM, 100 Kick	400
Drills	8 x 50 Drills on 1:10	400	8 x 50 Drills on 1:10	400	8 x 50 Drills on 1:10	400
Main S.	4 x [200 Free on 3:15 + 50 Sprint on 1:00]	1000	4 x [150 Free on 3:15 + 50 Sprint on 1:00]	800	4 x [125 Free on 3:15 + 50 Sprint on 1:00]	700
	100 easy	100	100 easy	100	100 easy	100
Hypx.	12 x 50 on 1:15 1 - Free, breath every 6th 2 - Breast, breath every 3rd 3 - 25 Fly - breath every 4th	600	12 x 50 on 1:15 1 - Free, breath every 6th 2 - Breast, breath every 3rd 3 - 25 Fly - breath every 4th	600	12 x 50 on 1:15 1 - Free, breath every 6th 2 - Breast, breath every 3rd 3 - 25 Fly - breath every 4th	600
Kick	6 x 50 Kick - fast from the wall on 1:20 alternate Back/Free/Fly every 50 Fly - no board	300	6 x 50 Kick - fast from the wall on 1:20 alternate Back/Free/Fly every 50 Fly - no board	300	6 x 50 Kick - fast from the wall on 1:20 alternate Back/Free/Fly every 50 Fly - no board	300
W.D.	200 Warm down	200	100 Warm down	100	100 Warm down	100
Total		3200		2900		2600
Total Check :		3200	% of Total workout :			
	Primary		SP1/SP2		WEEK :	50
	Secondary		SP3		DAY :	1
	Maintnance		EN1 / EN2 / REC			