

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	200 IM 200 Kick 200 IM IM in reverse order.	600	200 IM 200 Kick 200 IM IM in reverse order.	600	200 IM 200 Kick 200 IM IM in reverse order.	600
Sprint	12 x 25 Fly on 0:40	300	12 x 25 Fly on 0:40	300	12 x 25 Fly on 0:40	300
	100 easy	100	100 easy	100	100 easy	100
Main S.	8 x 50 Choice on 1:15 Odd - Easy Even - All out	400	8 x 50 Choice on 1:15 Odd - Easy Even - All out	400	8 x 50 Choice on 1:15 Odd - Easy Even - All out	400
	100 easy	100	100 easy	100	100 easy	100
Drills	12 x 50 Free on 1:10 As little strokes as possible	600	12 x 50 Free on 1:10 As little strokes as possible	600	12 x 50 Free on 1:10 As little strokes as possible	600
Pull	6 x 50 Pull [ 25 Easy + 25 Fast but without increasing turn over ]	300	6 x 50 Pull [ 25 Easy + 25 Fast but without increasing turn over ]	300	6 x 50 Pull [ 25 Easy + 25 Fast but without increasing turn over ]	300
Kick	10 x 50 Underwater Kick with fins on 1:20	500	8 x 50 Underwater Kick with fins on 1:20	400	6 x 50 Underwater Kick with fins on 1:20	300
W.D.	200 Warm down	200	100 Warm down	100	100 Warm down	100
Total		3100		2900		2800
<b>Total Check :</b>		<b>3100</b>	<b>% of Total workout :</b>			
	Primary		SP1/SP2		WEEK :	50
	Secondary		SP3		DAY :	5