

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	200 Swim 200 Kick 200 Swim	600	200 Swim 200 Kick 200 Swim	600	200 Swim 200 Kick 200 Swim	600
Sprint	12 x 50 Choice on 1:30 [25 Build + 25 Easy]	600	12 x 50 Choice on 1:30 [25 Build + 25 Easy]	600	12 x 50 Choice on 1:30 [25 Build + 25 Easy]	600
Main S.	6 x 100 Choice on 2:15 Desc. 1 - 3	600	6 x 100 Choice on 2:15 Desc. 1 - 3	600	6 x 75 Choice on 2:15 Desc. 1 - 3	450
	100 Easy	100	100 Easy	100	100 Easy	100
Drills	6 x 100 Drills	600	6 x 100 Drills	600	6 x 100 Drills	600
Pull	600 Easy Pull	600	500 Easy Pull	500	400 Easy Pull	400
Kick	12 x 50 Kick on 1:30 All out from the walls	600	10 x 50 Kick on 1:30 All out from the walls	500	8 x 50 Kick on 1:30 All out from the walls	400
W.D.	200 Warm down	200	100 Warm down	100	100 Warm down	100
Total		3900		3600		3250
Total Check :		3900	% of Total workout :			
	Primary		SP1/SP2		WEEK :	50
	Secondary		SP3		DAY :	7
	Maintenance		EN1 / EN2 / REC			