

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	4 x 200 IM	800	4 x 200 IM	800	3 x 200 IM	600
Sprint	8 x 25 IM all out from blocks + 25 easy	400	8 x 25 IM all out from blocks + 25 easy	400	8 x 25 IM all out from blocks + 25 easy	400
Sprint	8 x 50 Choice on 1:30 [Fast only on turns]	400	8 x 50 Choice on 1:30 [Fast only on turns]	400	8 x 50 Choice on 1:30 [Fast only on turns]	400
	100 Easy	100	100 Easy	100	100 Easy	100
Main S.	4 x 200 Choice on 3:30 Odd - Negative split Even : 80-90 of Max Speed	800	4 x 200 Choice on 4:00 Odd - Negative split Even : 80-90 of Max Speed	800	4 x 150 Choice on 3:30 Odd - Negative split Even : 80-90 of Max Speed	600
	100 Easy	100	100 Easy	100	100 Easy	100
Pull	4 x 300 Pull Free on 4:30 Desc. 1 - 4	1200	4 x 250 Pull Free on 4:30 Desc. 1 - 4	1000	3 x 300 Pull Free on 6:00 Desc. 1 - 3	900
	100 Easy	100	100 Easy	100	100 Easy	100
Kick	12x 50 Free Kick on 1:15	600	10 x 50 Free Kick on 1:20	500	8 x 50 Free Kick on 1:25	400
W.D.	100 Easy	100	100 Easy	100	100 Easy	100
Total		4600		4300		3700
Total Check :		4600	% of Total workout :			
	Primary		EN3/SP1		WEEK :	10
	Secondary		SP2/SP3		DAY :	7
	Maintenance		EN1/EN2			