

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	8 x 100 Alt. Swim/Kick every 100	800	7 x 100 Alt. Swim/Kick every 100	700	6 x 100 Alt. Swim/Kick every 100	600
Sprint	12 x 25 Alt. Fly/Choice on 1:00 [12.5 all out + 12.5 easy]	300	12 x 25 Alt. Fly/Choice on 1:00 [12.5 all out + 12.5 easy]	300	12 x 25 Alt. Fly/Choice on 1:00 [12.5 all out + 12.5 easy]	300
	100 Easy	100	100 Easy	100	100 Easy	100
Main S.	4 x [6 x 75 Choice on 2:00] 1,2 - Easy 3, - 90-100% of Max Speed	1800	4 x [6 x 75 Choice on 2:10] 1,2 - Easy 3, - 90-100% of Max Speed	1800	4 x [4 x 75 Choice on 2:20] 1,2 - Easy 3, - 90-100% of Max Speed	1200
	100 Easy between sets	400	100 Easy between sets	400	100 Easy between sets	400
Kick	10 x 50 Kick on 1:30 Alt. Free/Back each 50 Every 5th - Easy Swim	500	10 x 50 Kick on 1:30 Alt. Free/Back each 50 Every 5th - Easy Swim	500	10 x 50 Kick on 1:30 Alt. Free/Back each 50 Every 5th - Easy Swim	500
W.D.	100 Easy	100	100 Easy	100	100 Easy	100
Total		4000		3900		3200
Total Check :		4000	% of Total workout :			
	Primary		EN1/SP1/SP2		WEEK :	12
	Secondary		SP3		DAY :	5
	Maintnance		EN2			