

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	3 x [100 Free Drills 100 Alt. Back/Breast every 50 100 Alt. Choice 25 Easy/25 Fast]	900	3 x [100 Free Drills 100 Alt. Back/Breast every 50 100 Alt. Choice 25 Easy/25 Fast]	900	3 x [100 Free Drills 100 Alt. Back/Breast every 50 100 Alt. Choice 25 Easy/25 Fast]	900
Sprint	16 x 25 Fly on 0:50 Odd - All out Even - one arm	400	16 x 25 Fly on 0:50 Odd - All out Even - one arm	400	16 x 25 Fly on 0:50 Odd - All out Even - one arm	400
Kick	600 Kick	600	500 Kick	500	400 Kick	400
	100 Easy	100	100 Easy	100	100 Easy	100
Main S.	6 x [200 IM on 3:30 Alt. 25 Drill / 25 Swim Easy Swim 200 Choice on 3:30 Desc. 1 - 6]	2400	5 x [200 IM on 4:00 Alt. 25 Drill / 25 Swim Easy Swim 200 Choice on 4:15 Desc. 1 - 5]	2000	5 x [150 IM (no Fly) on 4:00 Alt. 25 Drill / 25 Swim Easy Swim 150 Choice on 4:15 Desc. 1 - 4]	1500
	100 Easy	100	100 Easy	100	100 Easy	100
Hypox.	6 x 100 Catch up. No breath every 2nd 25.	600	5 x 100 Catch up. No breath every 2nd 25.	500	4 x 100 Catch up. No breath every 2nd 25.	400
W.D.	200 Easy	200	200 Easy	200	200 Easy	200
Total		5300		4700		4000
Total Check :		5300	% of Total workout :			
	Primary		EN3 / SP1		WEEK :	18
	Secondary		SP2 / SP3		DAY :	1
	Maintnance		EN1 / EN2 / REC			