

	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	16 x 50 IM on 1:00	800	16 x 50 IM on 1:00	800	16 x 50 IM on 1:00	800
	100 Easy	100	100 Easy	100	100 Easy	100
Kick	16 x 25 Kick on 1:00 [12.5 All out + 12.5 Easy]	400	16 x 25 Kick on 1:00 [12.5 All out + 12.5 Easy]	400	16 x 25 Kick on 1:00 [12.5 All out + 12.5 Easy]	400
	100 Easy	100	100 Easy	100	100 Easy	100
Main S.	3 x [2 x 50 Alt Fr/Choice on 1:00 2 x 100 Alt Fr/Choice on 2:00 2 x 50 Alt Fr/Choice on 1:00] Odd - Easy Even - Fast	1200	3 x [2 x 50 Alt Fr/Choice on 1:10 2 x 100 Alt Fr/Choice on 2:20 2 x 50 Alt Fr/Choice on 1:10] Odd - Easy Even - Fast	1200	3 x [2 x 50 Alt Fr/Choice on 1:20 2 x 100 Alt Fr/Choice on 2:40 2 x 50 Alt Fr/Choice on 1:20] Odd - Easy Even - Fast	1200
	100 Easy between sets	200	100 Easy between sets	200	100 Easy between sets	200
Drills	600 Drills	600	400 Drills	400	300 Drills	300
W.D.	100 Easy	100	100 Easy	100	100 Easy	100
Total		4300		4100		3800
Total Check :		4300	% of Total workout :			
	Primary		EN3 / SP1		WEEK :	21
	Secondary		SP2 / SP3		DAY :	3
	Maintnance		EN1 / EN2 / REC			