

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	300 Swim 300 Kick 300 Pull	900	200 Swim 200 Kick 200 Pull	600	200 Swim 200 Kick 200 Pull	600
Sprint	16 x 25 Fly on 1:00 Odd - All out Even - one arm	400	16 x 25 Fly on 1:00 Odd - All out Even - one arm	400	16 x 25 Fly on 1:00 Odd - All out Even - one arm	400
Main S.	4 x [2 x 50 Choice Fast on 1:15 200 Free Moderate on 4:00]	1200	4 x [2 x 50 Choice Fast on 1:15 200 Free Moderate on 4:00]	1200	4 x [2 x 50 Choice Fast on 1:15 150 Free Moderate on 4:00]	1000
Main S.	16 x 50 Alt. 50 Swim / 50 Kick on 1:15 Swim - Moderate pace Kick - Fast	800	16 x 50 Alt. 50 Swim / 50 Kick on 1:15 Swim - Moderate pace Kick - Fast	800	12 x 50 Alt. 50 Swim / 50 Kick on 1:30 Swim - Moderate pace Kick - Fast	600
	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		4200		3800		3300
Total Check :		4200	% of Total workout :			
	Primary		EN3 / SP1		WEEK :	22
	Secondary		SP2 / SP3		DAY :	1
	Maintenance		EN1 / EN2 / REC			