

|                      | ce  |             | Group II  |             | Group III   |             |
|----------------------|---|-------------|---|-------------|---|-------------|
|                      | Set   | meters      | Set   | meters      | Set   | meters      |
| W.U.                 | 4 x 100 IM Swim<br>4 x 100 IM Kick  | 800         | 4 x 100 IM Swim<br>3 x 100 IM Kick  | 700         | 3 x 100 IM Swim<br>3 x 100 IM Kick  | 600         |
| Sprint               | 20 x 25 Kick on 1:00<br>[12.5 All out + 12.5 Easy]  | 500         | 20 x 25 Choice on 1:00<br>[12.5 All out + 12.5 Easy]  | 500         | 20 x 25 Choice on 1:00<br>[12.5 All out + 12.5 Easy]  | 500         |
|                      | 100 Easy  | 100         | 100 Easy  |             | 100 Easy  | 100         |
| Main S.              | 2 x [<br>2 x 50 Choice on 1:00<br>2 x 100 Choice on 1:45<br>2 x 200 Choice on 3:00<br>2 x 100 Choice on 1:45<br>2 x 50 Choice on 1:00<br>]<br>Odd - Easy<br>Even - Fast | 2000        | 2 x [<br>2 x 50 Choice on 1:00<br>2 x 100 Choice on 1:45<br>2 x 150 Choice on 3:00<br>2 x 100 Choice on 1:45<br>2 x 50 Choice on 1:00<br>]<br>Odd - Easy<br>Even - Fast | 1800        | 2 x [<br>2 x 50 Choice on 1:00<br>2 x 75 Choice on 1:45<br>2 x 150 Choice on 3:15<br>2 x 75 Choice on 1:45<br>2 x 50 Choice on 1:00<br>]<br>Odd - Easy<br>Even - Fast | 1600        |
|                      | 100 Easy between sets   | 200         | 100 Easy between sets   | 200         | 100 Easy between sets   | 200         |
| Hypox.               | 600 Hypox.  | 600         | 500 Hypox.  | 500         | 400 Hypox.  | 400         |
| W.D.                 | 100 Easy  | 100         | 100 Easy  |             | 100 Easy  | 100         |
| <b>Total</b>         |   | <b>4300</b> |   | <b>3700</b> |   | <b>3500</b> |
| <b>Total Check :</b> |   | <b>4300</b> | <b>% of Total workout :</b>   |             |   |             |
|                      | Primary   |             | EN3 / SP1   |             | WEEK :  | 22          |
|                      | Secondary   |             | SP2 / SP3   |             | DAY :   | 7           |
|                      | Maintenance   |             | EN1 / EN2 / REC   |             |   |             |