

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	8 x 100 IM	800	6 x 100 IM	600	5 x 100 IM	500
	10 x 50 [25 Fly + 25 Back] on 1:10 Keep 80-90% of Max	500	10 x 50 [25 Fly + 25 Back] on 1:15 Keep 80-90% of Max	500	10 x 50 [25 Fly + 25 Back] on 1:15 Keep 80-90% of Max	500
	600 Drills	600	500 Drills	500	400 Drills	400
Main S.	3 x [4 x 50 Choice on 0:40]	600	3 x [4 x 50 Choice on 0:45]	600	3 x [4 x 50 Choice on 0:55]	600
	100 Easy between sets	300	100 Easy between sets	300	100 Easy between sets	300
Kick	10 x 50 Kick on 1:10	500	10 x 50 Kick on 1:15	500	10 x 50 Kick on 1:20	500
	100 Easy	100	100 Easy	100	100 Easy	100
Main S.	4 x [2 x 25 Choice on 1:00 + 200 Free Pull]	1000	4 x [2 x 25 Choice on 1:00 + 200 Free Pull]	1000	4 x [2 x 25 Choice on 1:00 + 150 Free Pull]	800
W.D.	100 Easy	100	100 Easy	100	100 Easy	100
Total		4500		4200		3800
Total Check :		4500	% of Total workout :			
	Primary		SP1/SP2		WEEK :	23
	Secondary		SP3		DAY :	1
	Maintnance		EN1 / EN2 / REC			