

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	300 Swim 300 Kick 300 Pull	900	300 Swim 200 Kick 200 Pull	700	200 Swim 200 Kick 200 Pull	600
Sprint	8 x 25 Choice on 0:45 [12.5 all out + 12.5 easy]	400	8 x 25 Choice on 0:45 [12.5 all out + 12.5 easy]	400	8 x 25 Choice on 0:45 [12.5 all out + 12.5 easy]	400
Main S.	2 x [6 x 100 Choice] on 2:15 Desc. 1-3	1200	2 x [6 x 100 Choice] on 2:30 Desc. 1-3	1200	2 x [6 x 75 Choice] on 2:30 Desc. 1-3	900
	100 easy between each 6	200	100 easy between each 6	200	100 easy between each 6	200
Kick	12 x 50 Kick on 1:15 odd - kick on the side even - kick back or free	600	12 x 50 Kick on 1:15 odd - kick on the side even - kick back or free	600	10 x 50 Kick on 1:30 odd - kick on the side even - kick back or free	500
	100 easy	100	100 easy	100	100 easy	100
Pull	5 x 200 Pull on 3:00 last 25 sprint	1000	4 x 200 Pull on 3:30 last 25 sprint	800	5 x 150 Pull on 3:00 last 25 sprint	600
W.D.	200 Warm down	200	200 Warm down	200	200 Warm down	200
Total		4600		4200		3500
Total Check :		4600	% of Total workout :			
	Primary		SP1/SP2		WEEK :	25
	Secondary		SP3		DAY :	7
	Maintnance		EN1 / EN2 / REC			