

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	4 x 100 IM reverse order 4 x 100 IM Kick reverse order	800	4 x 100 IM reverse order 4 x 100 IM Kick reverse order	800	4 x 100 IM reverse order 4 x 100 IM Kick reverse order	800
	8 x 25 on 0:45 Odd - Fly all out Even - one arm fly	200	8 x 25 on 0:45 Odd - Fly all out Even - one arm fly	200	8 x 25 on 0:45 Odd - Fly all out Even - one arm fly	200
Sprint	8 x 25 Choice - build the speed, on 0:45	200	8 x 25 Choice - build the speed, on 0:45	200	8 x 25 Choice - build the speed, on 0:45	200
Main S.	3 x [ 4 x 100 Choice on 2:30 Negative split ]	1200	3 x [ 4 x 100 Choice on 2:30 Negative split ]	1200	3 x [ 4 x 75 Choice on 2:30 Negative split ]	900
	100 easy between sets	300	100 easy between sets	300	100 easy between sets	300
Main S.	16 x 50 golf on 1:00	800	16 x 50 golf on 1:00	800	12 x 50 golf on 1:20	600
Kick	8 x 50 Kick on 1:15	400	8 x 50 Kick on 1:15	400	8 x 50 Kick on 1:15	400
W.D.	200 Warm down	200	200 Warm down	200	200 Warm down	200
<b>Total</b>		<b>4100</b>		<b>4100</b>		<b>3600</b>
<b>Total Check :</b>		<b>4100</b>	<b>% of Total workout :</b>			
	Primary		SP1/SP2		WEEK :	26
	Secondary		SP3		DAY :	1
	Maintnance		EN1 / EN2 / REC			