

|                      | Group I   |             | Group II  |             | Group III   |             |
|----------------------|---|-------------|---|-------------|---|-------------|
|                      | Set   | meters      | Set   | meters      | Set   | meters      |
| W.U.                 | 100 Fly 100 Back 100 Breast<br>100 Free 200 Kick 200 Pull | 800         | 100 Fly 100 Back 100 Breast<br>100 Free 200 Kick 200 Pull | 800         | 100 Fly 100 Back 100 Breast<br>100 Free 200 Kick 200 Pull | 800         |
|                      | 4 x 100 Fly<br>long gliding strokes                       | 400         | 4 x 100 Fly<br>long gliding strokes                       | 400         | 4 x 100 Fly<br>long gliding strokes                       | 400         |
| Sprint               | 8 x 50 Choice on 1:00<br>] Desc 1 - 4                     | 400         | 8 x 50 Choice on 1:10<br>] Desc 1 - 4                     | 400         | 6 x 50 Choice on 1:20<br>] Desc 1 - 3                     | 300         |
|                      | 100 easy  | 100         | 100 easy  | 100         | 100 easy  | 100         |
| Main S.              | 4 x 300 Free on 4:30<br>Desc 1 - 4                        | 1200        | 4 x 250 Free on 4:30<br>Desc 1 - 4                        | 1000        | 4 x 200 Free on 4:30<br>Desc 1 - 4                        | 800         |
|                      | 100 easy  | 100         | 100 easy  | 100         | 100 easy  | 100         |
| Kick                 | 8 x 50 Kick on 1:15<br>alt. Free/Back                     | 400         | 8 x 50 Kick on 1:25<br>alt. Free/Back                     | 400         | 8 x 50 Kick on 1:30<br>alt. Free/Back                     | 400         |
| Hypox                | 400 easy hypox.   | 400         | 300 easy hypox.   | 300         | 200 easy hypox.   | 200         |
| W.D.                 | 200 Warm down   | 200         | 100 Warm down   | 100         | 100 Warm down   | 100         |
| <b>Total</b>         |   | <b>4000</b> |   | <b>3600</b> |   | <b>3200</b> |
| <b>Total Check :</b> |   | <b>4000</b> | <b>% of Total workout :</b>                               |             |   |             |
|                      | Primary   |             | SP1/SP2   |             | WEEK :  | 26          |
|                      | Secondary   |             | SP3   |             | DAY :   | 3           |
|                      | Maintnance  |             | EN1 / EN2 / REC   |             |   |             |