

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	4 x 200 IM	800	3 x 200 IM	600	3 x 150 IM [ no Fly]	450
Sprint	8 x 25 Choice on 0:45 Sprint 5 - 6 Strokes	200	8 x 25 Choice on 0:45 Sprint 5 - 6 Strokes	200	8 x 25 Choice on 0:45 Sprint 5 - 6 Strokes	200
Kick I.	12 x 25 Kick on 0:50 Sprint 12.5 + Easy 12.5	300	12 x 25 Kick on 0:50 Sprint 12.5 + Easy 12.5	300	12 x 25 Kick on 0:50 Sprint 12.5 + Easy 12.5	300
Main S.	2 x [ 3 x 200 Choice on 3:00 ] Desc. 1 - 3	1200	2 x [ 3 x 150 Choice on 3:00 ] Desc. 1 - 3	900	2 x [ 3 x 125 Choice on 3:00 ] Desc. 1 - 3	750
	100 Easy after each set	200	100 Easy after each set	200	75 Easy after each set	150
Drills	400 Drills of your choice	400	400 Drills of your choice	400	400 Drills of your choice	400
Pull	12 x 50 Pull on 1:20 Desc. 1 - 3	600	12 x 50 Pull on 1:20 Desc. 1 - 3	600	12 x 50 Pull on 1:20 Desc. 1 - 3	600
Hypox,	4 x 100 Hypox.	400	4 x 100 Hypox.	400	4 x 100 Hypox.	400
W.D.	100 Warm down	100	100 Warm down	100	100 Warm down	100
<b>Total</b>		<b>4200</b>		<b>3700</b>		<b>3350</b>
<b>Total Check :</b>		<b>4200</b>	<b>% of Total workout :</b>			
	Primary		SP1/SP2		WEEK :	26
	Secondary		SP3		DAY :	7
	Maintenance		EN1 / EN2 / REC			