

	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
	8 x 25 Breast on 0:45 long gliding strokes	200	8 x 25 Breast on 0:45 long gliding strokes	200	8 x 25 Breast on 0:45 long gliding strokes	200
Sprint	8 x 25 on 0:50 in groups of 4 1. 12.5 fast + 12.5 easy 2. Drill 3. Build 4. All out	200	8 x 25 on 0:50 in groups of 4 1. 12.5 fast + 12.5 easy 2. Drill 3. Build 4. All out	200	8 x 25 Choice on 0:45 1. 12.5 fast + 12.5 easy 2. Drill 3. Build 4. All out	200
	400 Drills	400	300 Drills	300	300 Drills	300
Main S.	2 x [4 x 50 Choice on 0:45] Desc. 1 - 4	400	2 x [4 x 50 Choice on 0:55] Desc. 1 - 4	400	2 x [4 x 50 Choice on 1:00] Desc. 1 - 4	400
	100 easy between sets	200	100 easy between sets	200	100 easy between sets	200
Hypox	4 x 100 Hypox.	400	3 x 100 Hypox.	300	2 x 100 Hypox.	200
Time T.	100 or 200 Choice : race pace	200	100 or 200 Choice : race pace	200	100 or 200 Choice : race pace	200
W.D.	200 Warm down	200	100 Warm down	100	100 Warm down	100
Total		3100		2600		2400
Total Check :		3100	% of Total workout :			
	Primary		SP1/SP2		WEEK :	27
	Secondary		SP3		DAY :	1
	Maintnance		EN1 / EN2 / REC			