

|                      | Group I  |             | Group II   |             | Group III  |             |
|----------------------|--|-------------|--|-------------|--|-------------|
|                      | Set  | meters      | Set  | meters      | Set  | meters      |
| W.U.                 | 4 x [ 100 IM swim, 100 IM Kick ]                                   | 800         | 4 x [ 100 IM swim, 100 IM Kick ]                                   | 800         | 3 x [ 100 IM swim, 100 IM Kick ]                                   | 600         |
| Sprint               | 8 x 25 Fly on 0:45   | 200         | 8 x 25 Fly on 0:45   | 200         | 8 x 25 Fly on 0:45   | 200         |
|                      | 50 Easy  | 50          | 50 Easy  | 50          | 50 Easy  | 50          |
|                      | 8 x 25 Choice On 1:00 all out                                      | 200         | 8 x 25 Choice On 1:00 all out                                      | 200         | 8 x 25 Choice On 1:00 all out                                      | 200         |
| Drills               | 4 x 100 Drills   | 400         | 4 x 100 Drills   | 400         | 4 x 100 Drills   | 400         |
| Main S.              | 4 x [ 4 x 50 IM on 1:00 Fast ]                                     | 800         | 4 x [ 4 x 50 IM on 1:10 Fast ]                                     | 800         | 4 x [ 3 x 50 IM no Fly, on 1:20 Fast ]                             | 600         |
|                      | 50 Easy between sets   | 200         | 50 Easy between sets   | 200         | 50 Easy between sets   | 200         |
| Main S.              | 2 x [ 4 x 100 Choice on 2:00 3rd 25 all out 1st, 2nd,4th 25 Med. ] | 800         | 2 x [ 4 x 100 Choice on 2:15 3rd 25 all out 1st, 2nd,4th 25 Med. ] | 800         | 2 x [ 3 x 100 Choice on 2:30 3rd 25 all out 1st, 2nd,4th 25 Med. ] | 600         |
|                      | 100 Easy between sets  | 200         | 100 Easy between sets  | 200         | 100 Easy between sets  | 200         |
| Pull                 | 400 Pull   | 400         | 400 Pull   | 400         | 300 Pull   | 400         |
| W.D.                 | 150 Warm down  | 150         | 150 Warm down  | 150         | 150 Warm down  | 150         |
| <b>Total</b>         |  | <b>4200</b> |  | <b>4200</b> |  | <b>3600</b> |
| <b>Total Check :</b> |  | <b>4200</b> | <b>% of Total workout :</b>  |             |  |             |
|                      | Primary  |             | SP1/SP2  |             | WEEK :   | 27          |
|                      | Secondary  |             | SP3  |             | DAY :  | 7           |
|                      | Maintnance   |             | EN1 / EN2 / REC  |             |  |             |