

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	4 x 100 IM 200 Swim	600	3 x 100 IM 200 Swim	500	3 x 100 IM 100 Swim	400
Sprint	12 x 25 Choice on 0:45 1,2 Build, 3 easy 4,5 - 4 fast strokes, 6 easy 7,8 Build, 9 easy 10,11- 4 fast strokes, 12 easy	300	12 x 25 Choice on 0:45 1,2 Build, 3 easy 4,5 - 4 fast strokes, 6 easy 7,8 Build, 9 easy 10,11- 4 fast strokes, 12 easy	300	12 x 25 Choice on 0:45 1,2 Build, 3 easy 4,5 - 4 fast strokes, 6 easy 7,8 Build, 9 easy 10,11- 4 fast strokes, 12 easy	300
	100 easy	100	100 easy	100	100 easy	100
Main S.	2 x 50 Choice on 1:00, 1 easy, 1 fast 2 x 100 Choice on 2:00 both 80% 1 x 200 Choice on 3:15 long strokes 2 x 100 Choice on 2:00 both 80% 2 x 50 Choice on 1:00, 1 easy, 1 fast	800	2 x 50 Choice on 1:00, 1 easy, 1 fast 2 x 100 Choice on 2:00 both 80% 1 x 150 Choice on 3:15 long strokes 2 x 100 Choice on 2:00 both 80% 2 x 50 Choice on 1:00, 1 easy, 1 fast	750	2 x 50 Choice on 1:00, 1 easy, 1 fast 2 x 75 Choice on 2:00 both 80% 1 x 125 Choice on 3:15 long strokes 2 x 75 Choice on 2:00 both 80% 2 x 50 Choice on 1:00, 1 easy, 1 fast	625
	100 easy	100	100 easy	100	75 easy	75
Drills	6 x 100 Hypoxic on 2:15 Odd - breath only 2 times Even - breath every 4th	600	6 x 100 Hypoxic on 2:15 Odd - breath only 2 times Even - breath every 4th	600	4 x 100 Hypoxic on 2:45 Odd - breath only 2 times Even - breath every 4th	600
Kick	10 x 50 Kick Free on 1:15	500	8 x 50 Kick Free on 1:20	400	6 x 50 Kick Free on 1:25	300
W.D.	200 Warm down	200	100 Warm down	100	100 Warm down	100
Total		3200		2850		2500
Total Check :		3200	% of Total workout :			
	Primary		SP1/SP2		WEEK :	28
	Secondary		SP3		DAY :	1
	Maintenance		EN1 / EN2 / REC			