

	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 IM on 0:45 1,2 easy, 3 fast	300	12 x 25 IM on 0:45 1,2 easy, 3 fast	300	12 x 25 IM on 0:45 1,2 easy, 3 fast	300
	100 easy	100	100 easy	100	100 easy	100
Main S.	10 x 50 Choice on 1:15 10 m sprint from the wall	500	10 x 50 Choice on 1:15 10 m sprint from the wall	500	8 x 50 Choice on 1:30 10 m sprint from the wall	400
	100 easy	100	100 easy	100	100 easy	100
Main S.	1 x 200 Choice on 4:00 1 x 150 Choice on 3:00 1 x 100 Choice on 2:00 2 x 50 Choice on 1:15 2 x 25 Choice on 0:45	600	1 x 200 Choice on 4:00 1 x 150 Choice on 3:00 1 x 100 Choice on 2:00 2 x 50 Choice on 1:15 2 x 25 Choice on 0:45	600	1 x 200 Choice on 4:00 1 x 150 Choice on 3:00 1 x 100 Choice on 2:00 2 x 50 Choice on 1:15 2 x 25 Choice on 0:45	600
Drills	6 x 100 Drills on 2:30 Do your favorite drills	600	6 x 100 Drills on 2:30 Do your favorite drills	600	6 x 100 Drills on 2:30 Do your favorite drills	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		3500		3200		2900
Total Check :		3500	% of Total workout :			
	Primary		SP1/SP2		WEEK :	28
	Secondary		SP3		DAY :	3
	Maintnance		EN1 / EN2 / REC			