

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	300 Swim 200 Kick 100 Swim	600	200 Swim 200 Kick 100 Swim	500	200 Swim 100 Kick 100 Swim	400
Drills	12 x 50 Swim on 1:10 25 - easy, 25 - fast but with the same turn over rate.	600	12 x 50 Swim on 1:10 25 - easy, 25 - fast but with the same turn over rate.	600	10 x 50 Swim on 1:20 25 - easy, 25 - fast but with the same turn over rate.	500
Main S.	8 x 50 Choice on 1:15 Odd - Easy Even - All out	400	8 x 50 Choice on 1:15 Odd - Easy Even - All out	500	8 x 50 Choice on 1:15 Odd - Easy Even - All out	500
	100 easy	100	100 easy	100	100 easy	100
	4 x 200 Free on 3:00 104-107 of Threshold S.	800	4 x 150 Free on 3:00 104-107 of Threshold S.	600	4 x 125 Free on 3:00 104-107 of Threshold S.	500
Kick	6 x 50 Kickl on 1:20 fast from the walls	300	6 x 50 Kickl on 1:20 fast from the walls	300	6 x 50 Kickl on 1:20 fast from the walls	300
Hypox.	400 Free hypoxic	400	300 Free hypoxic	300	300 Free hypoxic	300
W.D.	200 Warm down	200	100 Warm down	100	100 Warm down	100
Total		3400		3000		2700
Total Check :		3400	% of Total workout :			
	Primary		SP1/SP2		WEEK :	28
	Secondary		SP3		DAY :	5