

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	300 Swim 200 Kick	500	300 Swim 100 Kick	400	200 Swim 100 Kick	300
Sprint	6 x [25 All out + 75 Easy]	600	6 x [25 All out + 75 Easy]	600	6 x [25 All out + 75 Easy]	600
	100 easy	100	100 easy	100	100 easy	100
Main S.	2 x [4 x 100 Choice on 2:00] Odd - Easy Even - All out	800	2 x [4 x 100 Choice on 2:15] Odd - Easy Even - All out	900	2 x [4 x 100 Choice on 2:30] Odd - Easy Even - All out	700
	100 easy	100	100 easy	100	100 easy	100
Drills	600 Free catch up	600	500 Free catch up	500	400 Free catch up	400
Hypox.	8 x 50 Free on 1:20 1st 25 - breath every 4th 2nd 25 - take 1 breath	400	8 x 50 Free on 1:20 1st 25 - breath every 4th 2nd 25 - take 1 breath	400	8 x 50 Free on 1:20 1st 25 - breath every 4th 2nd 25 - take 2 breath	400
W.D.	200 Warm down	200	100 Warm down	100	100 Warm down	100
Total		3300		3100		2700
Total Check :		3300	% of Total workout :			
	Primary		SP1/SP2		WEEK :	28
	Secondary		SP3		DAY :	7
	Maintenance		EN1 / EN2 / REC			