

|                      | Group I   |             | Group II  |             | Group III   |             |
|----------------------|---|-------------|---|-------------|---|-------------|
|                      | Set   | meters      | Set   | meters      | Set   | meters      |
| W.U.                 | 8 x 100 IM  | 800         | 7 x 100 IM  | 800         | 6 x 100 IM  | 600         |
| Sprint               | 16 x 25 Choice on 0:50<br>[ 12.5 all out + 12.5 easy ]                        | 400         | 16 x 25 Choice on 0:50<br>[ 12.5 all out + 12.5 easy ]                      | 400         | 16 x 25 Choice on 0:50<br>[ 12.5 all out + 12.5 easy ]                      | 400         |
|                      | 100 Easy  | 100         | 100 Easy  | 100         | 100 Easy  | 100         |
| Kick                 | 12 x 50 Kick on 1:15<br>Odd - Free<br>Even - Back                             | 600         | 12 x 50 Kick on 1:15<br>Odd - Free<br>Even - Back                           | 600         | 12 x 50 Kick on 1:15<br>Odd - Free<br>Even - Back                           | 600         |
|                      | 100 Easy  | 100         | 100 Easy  | 100         | 100 Easy  | 100         |
| Main S.              | 1 x [<br>3 x 400 Choice on 6:00<br>]<br>Desc. 1 - 3                           | 1200        | 1 x [<br>3 x 400 Choice on 6:45<br>]<br>Desc. 1 - 3                         | 1200        | 1 x [<br>3 x 300 Choice on 6:45<br>]<br>Desc. 1 - 3                         | 900         |
|                      | 100 Easy between sets   | 200         | 100 Easy between sets   | 200         | 100 Easy between sets   | 200         |
| Hypox.               | 16 x 25 Hypox. on 0:45<br>Odd - Free no breath<br>Even - underwater Free kick | 400         | 16 x 25 Free on 0:45<br>Odd - Free no breath<br>Even - underwater Free kick | 400         | 16 x 25 Free on 0:45<br>Odd - Free no breath<br>Even - underwater Free kick | 400         |
|                      | 100 Easy  | 100         | 100 Easy  | 100         | 100 Easy  | 100         |
| <b>Total</b>         |   | <b>3900</b> |   | <b>3900</b> |   | <b>3400</b> |
| <b>Total Check :</b> |   | <b>3900</b> | <b>% of Total workout :</b>   |             |   |             |
|                      | Primary   |             | EN1/EN2   |             | WEEK :  | 38          |
|                      | Secondary   |             | EN3   |             | DAY :   | 1           |
|                      | Maintnance  |             | SP3   |             |   |             |