

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	4 x 100 IM reverse order 4 x 100 IM Kick reverse order	800	4 x 100 IM reverse order 4 x 100 IM Kick reverse order	800	4 x 100 IM reverse order 4 x 100 IM Kick reverse order	800
	8 x 25 on 0:45 Odd - Fly all out Even - one arm fly	200	8 x 25 on 0:45 Odd - Fly all out Even - one arm fly	200	8 x 25 on 0:45 Odd - Fly all out Even - one arm fly	200
Sprint	8 x 25 Choice - build the speed, on 0:45	200	8 x 25 Choice - build the speed, on 0:45	200	8 x 25 Choice - build the speed, on 0:45	200
	3 x [4 x 100 Choice on 2:30 Negative split]	1200	3 x [4 x 100 Choice on 2:30 Negative split]	1200	3 x [4 x 75 Choice on 2:30 Sprint last 25]	900
	100 Easy between sets	300	100 Easy between sets	300	100 Easy between sets	300
Main S.	16 x 50 golf on 1:00	800	16 x 50 golf on 1:00	800	12 x 50 golf on 1:20	600
Kick	16 x 50 Kick on 1:15	800	16 x 50 Kick on 1:15	800	12 x 50 Kick on 1:30	600
W.D.	200 Warm down	200	200 Warm down	200	200 Warm down	200
Total		4500		4500		3800
Total Check :		4500	% of Total workout :			
	Primary		SP1/SP2		WEEK :	47
	Secondary		SP3		DAY :	1
	Maintnance		EN1 / EN2 / REC			