

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	4 x 200 IM	800	3 x 200 IM	600	3 x 150 IM [no Fly]	450
	8 x 25 Fly on 0:45 [12.5 underwater + 12.5 fly]	200	8 x 25 Fly on 0:45 [12.5 underwater + 12.5 fly]	200	8 x 25 Fly on 0:45 [12.5 underwater + 12.5 fly]	200
Sprint	4 x 50 Choice [25 all out + 25 easy]	200	4 x 50 Choice [25 all out + 25 easy]	200	4 x 50 Choice [25 all out + 25 easy]	200
Kick	4 x 50 Kick [25 all out + 25 easy]	200	4 x 50 Kick [25 all out + 25 easy]	200	4 x 50 Kick [25 all out + 25 easy]	200
Main S.	2 x [3 x [75 Choice + 10 sec. Rest + 25 all out] on 2:15]	600	2 x [3 x [75 Choice + 10 sec. Rest + 25 all out] on 2:15]	600	2 x [3 x [75 Choice + 10 sec. Rest + 25 all out] on 2:15]	600
	100 Easy after each set	300	100 Easy after each set	300	100 Easy after each set	300
Drills	6 x 100 Drills	600	6 x 100 Drills	600	6 x 100 Drills	600
Pull	16 x 50 Pull on 1:00 Desc. 1- 4	800	14 x 50 Pull on 1:10 Desc. 1 - 3	700	12 x 50 Pull on 1:20 Desc. 1 - 3	600
Hypox,	10 x 50 Free on 1:00 [25 no breath + 25 easy]	500	10 x 50 Free on 1:10 [25 no breath + 25 easy]	500	8 x 50 Free on 1:20 [25 no breath + 25 easy]	400
W.D.	200 Warm down	200	100 Warm down	100	100 Warm down	100
Total		4400		4000		3650
Total Check :		4400	% of Total workout :			
	Primary		SP1/SP2		WEEK :	47
	Secondary		SP3		DAY :	5