

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	300 Swim 300 Kick 300 Pull	900	300 Swim 200 Kick 200 Pull	700	200 Swim 200 Kick 200 Pull	600
	8 x 25 Breast on 0:45 long gliding strokes	200	8 x 25 Breast on 0:45 long gliding strokes	200	8 x 25 Breast on 0:45 long gliding strokes	200
Sprint	8 x 25 Choice on 0:45 [12.5 fast + 12.5 easy]	200	8 x 25 Choice on 0:45 [12.5 fast + 12.5 easy]	200	8 x 25 Choice on 0:45 [12.5 fast + 12.5 easy]	200
	400 Drills	400	300 Drills	300	300 Drills	300
Main S.	3 x [4 x 50 Choice on 0:45]	600	3 x [4 x 50 Choice on 0:55]	600	3 x [3 x 50 Choice on 1:10]	450
	100 easy between sets	300	100 easy between sets	300	50 easy between sets	150
Kick	3 x [4 x 50 Choice on 1:05]	600	3 x [4 x 50 Choice on 1:15]	600	3 x [3 x 50 Choice on 1:30]	450
	100 easy Kick between sets	300	100 easy Kick between sets	300	50 easy between sets	150
Hypox	4 x 100 Hypox.	400	3 x 100 Hypox.	300	2 x100 Hypox.	200
W.D.	200 Warm down	200	100 Warm down	100	100 Warm down	100
Total		4100		3600		2800
Total Check :		4100	% of Total workout :			
	Primary		SP1/SP2		WEEK :	48
	Secondary		SP3		DAY :	1
	Maintnance		EN1 / EN2 / REC			