

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	800 W.U. Choice	800	700 W.U. Choice	700	600 W.U. Choice	600
Kick	16 x 25 kick on 0:40 1,2,3 - medium 4 - sprint all out	400	16 x 25 kick on 0:40 1,2,3 - medium 4 - sprint all out	400	16 x 25 kick on 0:40 1,2,3 - medium 4 - sprint all out	400
Drills	600 Catch up. No breath after turn	600	400 Catch up. No breath after turn	400	300 Catch up. No breath after turn	300
Main S.	15 x 50 Choice on 0:55 1 - easy 2 - easy 3 - fast	750	12 x 50 Choice on 1:05 1 - easy 2 - easy 3 - fast	600	10 x 50 Choice on 1:20 1 - easy 2 - easy 3 - fast	500
	100 easy	100	100 easy	100	100 easy	100
	15 x 100 Choice on 1:45 1 - easy 2 - easy 3 - fast	1500	12x 100 Choice on 2:10 1 - easy 2 - easy 3 - fast	1200	10 x 100 Choice on 2:40 1 - easy 2 - easy 3 - fast	1000
	100 easy	100	100 easy	100	100 easy	100
Bonus S	10 x 25 Fly on 0:45	250	10 x 25 Fly on 0:45	250	10 x 25 Fly on 0:45	250
W.D.	200 Warm down	200	200 Warm down	200	200 Warm down	200
Total		4700		3950		3450
Total Check :		4700	% of Total workout :			
	Primary		SP1/SP2		WEEK :	48
	Secondary		SP3		DAY :	3
	Maintnance		EN1 / EN2 / REC			