

	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 - one arm Fly Even - Fly all out	200	8 x 25 on 0:45 Odd - one arm Fly Even - Fly all out	200	8 x 25 on 0:45 Odd - one arm Fly Even - Fly all out	200
Sprint	8 x 50 Choice on 1:00 build the speed	400	8 x 50 Choice on 1:00 build the speed	400	8 x 50 Choice on 1:00 build the speed	400
	100 easy	100	100 easy	100	100 easy	100
	2 x 100 Choice all out on 3:00	200	2 x 100 Choice fast on 3:00	200	2 x 100 Choice fast on 3:00	200
	100 easy	100	100 easy	100	100 easy	100
Main S.	16 x 50 golf on 1:00	800	16 x 50 golf on 1:00	800	16 x 50 golf on 1:00	800
Kick	400 easy kick	400	400 easy kick	400	400 easy kick	400
W.D.	200 Warm down	200	200 Warm down	200	200 Warm down	200
<b>Total</b>		<b>3200</b>		<b>3200</b>		<b>3200</b>
<b>Total Check :</b>		<b>3200</b>	<b>% of Total workout :</b>			
	Primary		SP1/SP2		WEEK :	48
	Secondary		SP3		DAY :	5