

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	600 alt. Swim/Kick every 50 200 Free	800	600 alt. Swim/Kick every 50 200 Free	800	600 alt. Swim/Kick every 50 200 Free	800
Sprint	8 x 50 Choice on 1:30 Odd - Easy Even - Fast	400	8 x 50 Choice on 1:30 Odd - Easy Even - Fast	400	8 x 50 Choice on 1:30 Odd - Easy Even - Fast	400
Drills	300 Drills	300	300 Drills	300	300 Drills	300
Main S.	2 x 100 Choice time trail , a lot of rest	200	2 x 100 Choice time trail , a lot of rest	200	2 x 100 Choice time trail , a lot of rest	200
Kick	4 x 100 Kick on 2:30 Treshold S.	400	4 x 100 Kick on 2:30 Treshold S.	400	4 x 100 Kick on 2:30 Treshold S.	400
Hypox.	6 x 50 Underwater Kick on 1:15	300	6 x 50 Underwater Kick on 1:15	300	6 x 50 Underwater Kick on 1:15	300
Pull	400 Pull	400	400 Pull	400	400 Pull	400
W.D.	200 Warm down	200	200 Warm down	200	200 Warm down	200
Total		3000		3000		3000
Total Check :		3000	% of Total workout :			
	Primary		SP1/SP2		WEEK :	48
	Secondary		SP3		DAY :	7
	Maintnance		EN1 / EN2 / REC			