

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	6 x 100 IM	600	6 x 100 IM	600	6 x 100 IM	600
Sprint	4 x 50 Choice on 1:30 All out	200	4 x 50 Choice on 1:30 All out	200	4 x 50 Choice on 1:30 All out	200
	100 Easy	100	100 Easy	100	100 Easy	100
Main S.	3 x [4 x 50 Choice on 0:40 +]	600	3 x [4 x 50 Choice on 0:45 +]	600	3 x [4 x 50 Choice on 0:50 +]	600
	100 easy between sets	300	100 easy between sets	300	100 easy between sets	300
Drills	12 x 50 Free on 1:10 Catch up	600	12 x 50 Free on 1:10 Catch up	600	12 x 50 Free on 1:10 Catch up	600
Kick	6 x 50 Kick on 1:20 sprint 10 m from the wall alt. 50 Back 50 Free	300	6 x 50 Kick on 1:20 sprint 10 m from the wall alt. 50 Back 50 Free	300	6 x 50 Kick on 1:20 sprint 10 m from the wall alt. 50 Back 50 Free	300
W.D.	200 Warm down	200	100 Warm down	100	100 Warm down	100
Total		2900		2800		2800
Total Check :		2900	% of Total workout :			
	Primary		SP1/SP2		WEEK :	30
	Secondary		SP3		DAY :	1
	Maintnance		EN1 / EN2 / REC			