

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	200 Swim 200 Kick 200 Swim	600	200 Swim 200 Kick 200 Swim	600	200 Swim 200 Kick 200 Swim	600
Sprint	6 x 25 Fly All out on 1:00	150	6 x 25 Fly All out on 1:00	150	6 x 25 Fly All out on 1:00	150
	6 x 25 Choice All out on 1:00	150	6 x 25 Choice All out on 1:00	150	6 x 25 Choice All out on 1:00	150
Main S.	3 x 300 Choice on 4:00 Desc. 1 - 3	900	3 x 250 Choice on 4:00 Desc. 1 - 3	750	3 x 200 Choice on 4:00 Desc. 1 - 3	600
	100 Easy	100	100 Easy	100	100 Easy	100
Pull	600 Easy Pull	600	500 Easy Pull	500	400 Easy Pull	400
W.D.	200 Warm down	200	100 Warm down	100	100 Warm down	100
Total		2700		2350		2100
Total Check :		2700	% of Total workout :			
	Primary		SP1/SP2		WEEK :	30
	Secondary		SP3		DAY :	5