

	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 Back bulid sprint with start from blocks + 25 easy	300	6 x 25 Back bulid sprint with start from blocks + 25 easy	300	6 x 25 Back bulid sprint with start from blocks + 25 easy	300
	6 x 25 Free build sprint with start from blocks + 25 easy	300	6 x 25 Free build sprint with start from blocks + 25 easy	300	6 x 25 Free build sprint with start from blocks + 25 easy	300
Main S.	6 x 100 IM on 2:15 Treshold S.	600	6 x 100 IM on 2:30 Treshold S.	600	6 x 100 IM on 2:45 Treshold S.	600
	100 Easy	100	100 Easy	100	100 Easy	100
Drills	6 x 100 Drills	600	6 x 100 Drills	600	6 x 100 Drills	600
W.D.	200 Warm down	200	100 Warm down	100	100 Warm down	100
Total		2700		2600		2600
Total Check :		2700	% of Total workout :			
	Primary		SP1/SP2		WEEK :	30
	Secondary		SP3		DAY :	7
	Maintnance		EN1 / EN2 / REC			