

	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 on 1:00 breath every 3rd	150	6 x 25 Fly on 1:00 breath every 3rd	150	6 x 25 Fly on 1:00 breath every 3rd	150
	6 x 25 Breast on 1:00	150	6 x 25 Breast on 1:00	150	6 x 25 Breast on 1:00	150
Main S.	3 x 300 Choice on 4:30 make pace time only	900	3 x 250 Choice on 4:30 make pace time only	750	3 x 200 Choice on 4:30 make pace time only	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 :	31
	Secondary		SP3		DAY :	5