

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	300 Swim 300 Kick 300 Pull	900	200 Swim 200 Kick 200 Pull	600	200 Swim 200 Kick 200 Pull	600
Kick	600 Kick	600	500 Kick	500	400 Kick	400
	100 Easy	100	100 Easy	100	100 Easy	100
Main S.	4 x 500 Free on 7:00	2000	4 x 400 Free on 7:00	1600	4 x 350 Free on 7:00	1400
	100 Easy	100	100 Easy	100	100 Easy	100
Hypox.	6 x 100 Catch up. Breath every 4th	600	5 x 100 Catch up. Breath every 4th	500	4 x 100 Catch up. Breath every 4th	400
W.D.	200 Easy	200	200 Easy	200	200 Easy	200
Total		4500		3600		3200
Total Check :		4500	% of Total workout :			
	Primary		EN1		WEEK :	1
	Secondary		EN2		DAY :	1
	Maintnance		SP3			