

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	400 Drills 200 Kick 200 Pull	800	300 Drills 200 Kick 200 Pull	700	300 Drills 100 Kick 100 Pull	500
Kick	6 x 25 Kick on 0:45 [Back rotate shoulders up every 6 kicks] 6 x 25 Kick on 0:45 [Free silent kick]	300	6 x 25 Kick on 0:45 [Back rotate shoulders up every 6 kicks] 6 x 25 Kick on 0:45 [Free silent kick]	300	6 x 25 Kick on 0:45 [Back rotate shoulders up every 6 kicks] 6 x 25 Kick on 0:45 [Free silent kick]	300
	100 Esay	100	100 Esay	100	100 Esay	100
Main S.	10 x 100 Choice on 2:00 [alternate 25 Swim + 25 Kick]	1000	8 x 100 Choice on 2:30 [alternate 25 Swim + 25 Kick]	800	7 x 100 Choice on 2:50 [alternate 25 Swim + 25 Kick]	700
	100 Esay	100	100 Esay	100	100 Esay	100
Drills	10 x 100 Drills Odd - Drill of choice Even - Free catch up	1000	10 x 100 Drills Odd - Drill of choice Even - Free catch up	1000	10 x 100 Drills Odd - Drill of choice Even - Free catch up	1000
	100 Esay	100	100 Esay	100	100 Esay	100
Pull	12 x 75 Free Pull on 1:15 [Last 25 the fastest]	900	10 x 75 Free Pull on 1:30 [Last 25 the fastest]	750	8 x 75 Free Pull on 1:45 [Last 25 the fastest]	600
W.D.	100 Esay	100	100 Esay	100	100 Esay	100
Total		4400		3950		3500
Total Check :		4400	% of Total workout :			
	Primary		EN1/EN2		WEEK :	5
	Secondary		EN3		DAY :	7
	Maintnance		SP3			