

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	200 Breast 200 Kick 200 Free	600	200 Breast 200 Kick 200 Free	600	200 Breast 100 Kick 200 Free	500
Sprint	16 x 25 IM on 0:50	400	16 x 25 IM on 0:50	400	16 x 25 IM on 0:50	400
	100 Esay	100	100 Esay	100	100 Esay	100
Kick	6 x 100 Kick on 2:30	600	6 x 100 Kick on 2:30	600	6 x 100 Kick on 2:30	600
	[25 Fly no borad + 25 Back + 25 Free no board + 25 Back one arm up]		[25 Fly no borad + 25 Back + 25 Free no board + 25 Back one arm up]		[25 Fly no borad + 25 Back + 25 Free no board + 25 Back one arm up]	
Mian S.	4 x [1600	4 x [1600	4 x [1200
	4 x 100 Choice on 2:15] Desc. 1 - 4		4 x 100 Choice on 2:30] Desc. 1 - 4		4 x 75 Choice on 2:15] Desc. 1 - 4	
	100 Easy between sets	400	100 Easy between sets	400	100 Easy between sets	400
Hyox.	10 x 50 Free on 1:00 [one breath for each 25]	500	8 x 50 Free on 1:10 [one breath for each 25]	400	8 x 50 Free on 1:15 [one breath for each 25]	400
W.D.	100 Esay	100	100 Esay	100	100 Esay	100
Total		4300		4200		3700
Total Check :		4300	% of Total workout :			
	Primary		EN1/EN2		WEEK :	6
	Secondary		EN3		DAY :	5
	Maintnance		SP3			