

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	200 Swim 200 Kick 200 Pull	600	200 Swim 200 Kick 200 Pull	600	200 Swim 100 Kick 200 Pull	500
Sprint	10 x 25 Fly on 1:00	250	10 x 25 Fly on 1:00	250	10 x 25 Fly on 1:00	250
	100 Esay	100	100 Esay	100	100 Esay	100
	10 x 25 Choice Fast on 1:00	250	10 x 25 Choice Fast on 1:00	250	10 x 25 Choice Fast on 1:00	250
Kick	3 x 200 Kick on 4:30	600	3 x 200 Kick on 4:30	600	3 x 150 Kick on 4:30	450
	First - Free		First - Free		First - Free	
	Second - Alt. Breast/Fly every 25		Second - Alt. Breast/Fly every 25		Second - Alt. Breast/Fly every 25	
	Third - Alt. Back/Side Back every 25		Third - Alt. Back/Side Back every 25		Third - Alt. Back/Side Back every 25	
Mian S.	4 x [	1600	4 x [	1600	4 x [	1200
	4 x 100 Choice on 2:00		4 x 100 Choice on 2:15		4 x 75 Choice on 2:15	
	] Negative split		] Negative split		] 50 Treshold Speed + 25 Fast	
	100 Easy between sets	400	100 Easy between sets	400	100 Easy between sets	400
Drills	6 x 100 Free [ minimum number of strokes ]	600	6 x 100 Free [ minimum number of strokes ]	600	6 x 100 Free [ minimum number of strokes ]	600
W.D.	100 Esay	100	100 Esay	100	100 Esay	100
Total		4500		4500		3850
<b>Total Check :</b>		<b>4500</b>	<b>% of Total workout :</b>			
	Primary		EN1/EN2		WEEK :	7
	Secondary		EN3		DAY :	5
	Maintnance		SP3			