

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	3 x 300 IM no Fly	900	3 x 300 IM no Fly	900	3 x 200 IM no Fly, 100 Free	600
Sprint	8 x 25 Fly on 0:50 [breath every 3rd]	200	8 x 25 Fly on 0:50 [breath every 2nd]	200	8 x 25 Fly on 0:50 [breath every stroke]	200
	100 Esay	100	100 Esay	100	100 Esay	100
	8 x 25 Choice on 1:00 [all out]	200	8 x 25 Choice on 1:00 [all out]	200	8 x 25 Choice on 1:00 [all out]	200
	100 Esay	100	100 Esay	100	100 Esay	100
Main S.	2 x [2 x 50 Choice on 1:00 2 x 100 Choice on 1:50 2 x 200 Choice on 3:15 2 x 100 Choice on 1:50 2 x 50 Choice on 1:00]	2000	2 x [2 x 50 Choice on 1:10 2 x 100 Choice on 2:00 2 x 200 Choice on 3:30 2 x 100 Choice on 2:00 2 x 50 Choice on 1:10]	2000	2 x [2 x 50 Choice on 1:15 2 x 75 Choice on 1:50 2 x 150 Choice on 3:15 2 x 75 Choice on 1:50 2 x 50 Choice on 1:15]	1400
	100 Easy between sets	200	100 Easy between sets	200	100 Easy between sets	200
Kick	12 x 50 Kick on 1:15 [25 Fast + 25 Silent Kick]	600	12 x 50 Kick on 1:15 [25 Fast + 25 Silent Kick]	600	12 x 50 Kick on 1:15 [25 Fast + 25 Silent Kick]	600
W.D.	100 Esay	100	100 Esay	100	100 Esay	100
Total		4400		4400		3500
Total Check :		4400	% of Total workout :			
	Primary		EN1/EN2		WEEK :	7
	Secondary		EN3		DAY :	7
	Maintnance		SP3			