

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	300 Swim 300 Kick 300 Pull	900	300 Swim 200 Kick 200 Pull	700	200 Swim 200 Kick 200 Pull	600
Kick	8 x 75 Kick on 2:00	600	8 x 75 Kick on 2:00	600	8 x 75 Kick on 2:00	600
	100 Easy	100	100 Easy	100	100 Easy	100
Main S.	2 x [ 6 x 100 Choice on 2:30 ] 80-90% Maximum Speed	1200	2 x [ 5 x 100 Choice on 2:45 ] 80-90% Maximum Speed	1000	2 x [ 4 x 100 Choice on 3:00 ] 80-90% Maximum Speed	800
	200 Easy between sets	400	200 Easy between sets	400	200 Easy between sets	400
Drills	8 x 100 Drills 1-2 : Catch up 3-4 : One arm Fly 5-6 : Breast 2 up 2 under 7 : One arm Back 8 : Back Kick with swiching shoulder up each 6 kicks	800	8 x 100 Drills 1-2 : Catch up 3-4 : One arm Fly 5-6 : Breast 2 up 2 under 7 : One arm Back 8 : Back Kick with swiching shoulder up each 6 kicks	800	8 x 100 Drills 1-2 : Catch up 3-4 : One arm Fly 5-6 : Breast 2 up 2 under 7 : One arm Back 8 : Back Kick with swiching shoulder up each 6 kicks	800
W.D.	100 Easy	100	100 Easy	100	100 Easy	100
Total		4100		3700		3400
<b>Total Check :</b>		<b>4100</b>	<b>% of Total workout :</b>			
	Primary		EN3/SP1		WEEK :	9
	Secondary		SP2/SP3		DAY :	3
	Maintnance		EN1/EN2			