

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	400 Swim 400 Drills	800	300 Swim 400 Drills	700	300 Swim 300 Drills	600
	12 x 50 Golf Free on 1:15 [Num. of strokes + Time = Min]	600	12 x 50 Golf Free on 1:15 [Num. of strokes + Time = Min]	600	12 x 50 Golf Free on 1:15 [Num. of strokes + Time = Min]	600
	100 Easy	100	100 Easy	100	100 Easy	100
Sprint	4 x 25 Choice on 1:00 [all out]	100	4 x 25 Choice on 1:00 [all out]	100	4 x 25 Choice on 1:00 [all out]	100
	100 Easy	100	100 Easy	100	100 Easy	100
Main S.	5 x 200 Choice on 3:00 [Negative split]	1000	5 x 200 Choice on 3:30 [Negative split]		4 x 200 Choice on 4:00 [Negative split]	
	100 Easy	100	100 Easy	100	100 Easy	100
Pull	6 x 150 Free Pull on 2:15 Desc. 1 - 3	900	6 x 150 Free Pull on 2:15 Desc. 1 - 3	900	6 x 100 Free Pull on 2:15 Desc. 1 - 3	
	100 Easy	100	100 Easy	100	100 Easy	100
Kick	8 x 50 Kick Free on 1:20	400	8 x 50 Kick Free on 1:20	400	8 x 50 Kick Free on 1:20	400
	100 Easy	100	100 Easy	100	100 Easy	100
Total		4300		3200		2200
Total Check :		4300	% of Total workout :			
	Primary		EN3/SP1		WEEK :	10
	Secondary		SP2/SP3		DAY :	1
	Maintenance		EN1/EN2			