

|                      | 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                 | 6 x 100 Kick on 2:30<br>Odd - Kick on side<br>Even - Free                                                      | 600         | 6 x 100 Kick on 2:30<br>Odd - Kick on side<br>Even - Free                                                                             | 600         | 6 x 100 Kick on 2:30<br>Odd - Kick on side<br>Even - Free                                                                             | 600         |
|                      | 100 Easy                                                                                                       | 100         | 100 Easy                                                                                                                              | 100         | 100 Easy                                                                                                                              | 100         |
| Main S.              | 12 x 100 Choice on 2:30<br>80-90% Maximum Speed                                                                | 1200        | 10 x 100 Choice on 2:45<br>80-90% Maximum Speed                                                                                       | 1000        | 8 x 100 Choice on 3:00<br>80-90% Maximum Speed                                                                                        | 800         |
|                      | 200 Easy                                                                                                       | 200         | 200 Easy                                                                                                                              | 200         | 200 Easy                                                                                                                              | 200         |
| Drills               | 8 x 100 Drills<br>1-2 : Zipper<br>3: Fist<br>4-5 : Catch up<br>6 : Back one arm<br>7-8 : Arms Breast, Kick Fly | 800         | 8 x 100 Drills<br>1-2 : Catch up<br>3-4 : One arm Fly<br>5-6 : Breast 2 up 2 under<br>7 : One arm Back<br>8 : Back Kick with swiching | 800         | 8 x 100 Drills<br>1-2 : Catch up<br>3-4 : One arm Fly<br>5-6 : Breast 2 up 2 under<br>7 : One arm Back<br>8 : Back Kick with swiching | 800         |
| Pull                 | 10 x 50 Free Pull on 0:50                                                                                      | 500         | 8 x 50 Free Pull on 1:00                                                                                                              | 400         | 8 x 50 Free Pull on 1:10                                                                                                              | 400         |
| W.D.                 | 100 Easy                                                                                                       | 100         | 100 Easy                                                                                                                              | 100         | 100 Easy                                                                                                                              | 100         |
| <b>Total</b>         |                                                                                                                | <b>4400</b> |                                                                                                                                       | <b>3900</b> |                                                                                                                                       | <b>3600</b> |
| <b>Total Check :</b> |                                                                                                                | <b>4400</b> | <b>% of Total workout :</b>                                                                                                           |             |                                                                                                                                       |             |
|                      | Primary                                                                                                        |             | EN3/SP1                                                                                                                               |             | WEEK :                                                                                                                                | 10          |
|                      | Secondary                                                                                                      |             | SP2/SP3                                                                                                                               |             | DAY :                                                                                                                                 | 3           |
|                      | Maintnance                                                                                                     |             | EN1/EN2                                                                                                                               |             |                                                                                                                                       |             |