

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	400 Drills 200 Kick	600	400 Drills 200 Kick	600	400 Drills 200 Kick	600
Sprint	12 x 25 Fly on 0:50 [breath every 3rd]	300	12 x 25 Fly on 0:50 [12.5 all out + 12.5 easy]	300	12 x 25 Fly on 0:50 [12.5 all out + 12.5 easy]	300
	100 Easy	100	100 Easy	100	100 Easy	100
Main S.	3 x [3 x 200 Choice on 2:50]	1800	3 x [3 x 200 Choice on 3:30]	1800	3 x [3 x 150 Choice on 2:50]	1350
	100 Easy between sets	200	100 Easy between sets	200	100 Easy between sets	200
Pull	2 x [12 x 50 Free Pull on 1:15] Desc. 1 - 3	1200	2 x [10 x 50 Free Pull on 1:25] Desc. 1 - 5	1000	2 x [8 x 50 Free Pull on 1:30] Desc. 1 - 4	800
	100 Easy between sets	200	100 Easy between sets	200	100 Easy between sets	200
Kick	400 Kick Free	400	400 Kick Free	400	400 Kick Free	400
	100 Easy	100	100 Easy	100	100 Easy	100
Total		4900		4700		4050
Total Check :		4900	% of Total workout :			
	Primary		EN3/SP1		WEEK :	11
	Secondary		SP2/SP3		DAY :	1
	Maintenance		EN1/EN2			