

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	8 x 100 Alt. Swim/Kick every 100	800	7 x 100 Alt. Swim/Kick every 100	700	6 x 100 Alt. Swim/Kick every 100	600
Sprint	12 x 25 Alt. Fly/Choice on 1:00 [12.5 all out + 12.5 easy]	300	12 x 25 Alt. Fly/Choice on 1:00 [12.5 all out + 12.5 easy]	300	12 x 25 Alt. Fly/Choice on 1:00 [12.5 all out + 12.5 easy]	300
	100 Esay	100	100 Esay	100	100 Esay	100
Main S.	4 x [6 x 75 Choice on 2:00] 1,2 - 90-100% of Max Speed 3 - Easy	1800	4 x [6 x 75 Choice on 2:10] 1,2 - 90-100% of Max Speed 3 - Easy	1800	4 x [4 x 75 Choice on 2:20] Odd - 90-100% of Max Speed Even - Easy	1200
	100 Easy between sets	400	100 Easy between sets	400	100 Easy between sets	400
Kick	20 x 50 Kick on 1:30 Alt. Free/Back each 50 Every 5th - Easy Swim	1000	20 x 50 Kick on 1:30 Alt. Free/Back each 50 Every 5th - Easy Swim	1000	20 x 50 Kick on 1:30 Alt. Free/Back each 50 Every 5th - Easy Swim	1000
	100 Esay	100	100 Esay	100	100 Esay	100
W.D.	100 Easy between sets	200	100 Easy between sets	200	100 Easy between sets	200
Total		4700		4600		3900
Total Check :		4700	% of Total workout :			
	Primary		EN1/SP1/SP2		WEEK :	12
	Secondary		SP3		DAY :	5
	Maintnance		EN2			