

	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 Choice on 1:00 [12.5 all out + 12.5 easy Every 4th Fly entire 25]	300	12 x 25 Choice on 1:00 [12.5 all out + 12.5 easy Every 4th Fly entire 25]	300	12 x 25 Choice on 1:00 [12.5 all out + 12.5 easy Every 4th Fly entire 25]	300
	100 Esay	100	100 Esay	100	100 Esay	100
Main S.	4 x [6 x 100 Choice on 2:30] 1,2 - 90-100% of Max Speed 3 - Easy	2400	4 x [6 x 100 Choice on 2:45] 1,2 - 90-100% of Max Speed 3 - Easy	2400	4 x [6 x 75 Choice on 2:30] 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. Fly/Back every 50	1000	20 x 50 Kick on 1:30 Alt. Fly/Back every 50	1000	20 x 50 Kick on 1:30 Alt. Fly/Back every 50	1000
W.D.	100 Esay	100	100 Esay	100	100 Esay	100
Total		5100		5000		3700
Total Check :		5100	% of Total workout :			
	Primary		EN1/SP1/SP2		WEEK :	13
	Secondary		SP3		DAY :	5
	Maintnance		EN2			