

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	200 Breast 200 Back 200 Free	600	200 Breast 200 Back 200 Free	600	200 Breast 200 Back 200 Free	600
Sprint	16 x 50 Choice on 1:00 Odd - Easy Even - Fast	800	16 x 50 Choice on 1:00 Odd - Easy Even - Fast	800	16 x 50 Choice on 1:00 Odd - Easy Even - Fast	800
	100 Easy	100	100 Easy	100	100 Easy	100
Main S.	2 x [4 x 150 Choice on 3:00] 100 + 15 sec. Rest + 50 90-100% of Max. Speed	1200	2 x [4 x 150 Choice on 3:00] 100 + 15 sec. Rest + 50 90-100% of Max. Speed	1200	2 x [4 x 150 Choice on 3:00] 100 + 15 sec. Rest + 50 90-100% of Max. Speed	1200
	100 Easy between sets	200	100 Easy between sets	200	100 Easy between sets	200
Kick	16 x 25 Kick on 1:00 [12.5 all out + 12.5 easy]	400	16 x 25 Kick on 1:00 [12.5 all out + 12.5 easy]	400	16 x 25 Kick on 1:00 [12.5 all out + 12.5 easy]	400
	100 Easy	100	100 Easy	100	100 Easy	100
Pull	800 Free Pull	800	700 Free Pull	700	600 Free Pull	600
W.D.	100 Easy	100	100 Easy	100	100 Easy	100
Total		4300		4200		4100
Total Check :		4300	% of Total workout :			
	Primary		EN1/SP1/SP2		WEEK :	14
	Secondary		SP3		DAY :	1
	Maintnance		EN2			