

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	2x100 Fly 2x100 Back 2x100 Breast 2x100 Free	800	2x100 [25 Fly + 25 One Arm Fly] 2x100 Back 2x100 Breast 2x100 Free	800	2x100 One Arm Fly 2x100 Back 2x100 Breast 2x100 Free	800
Sprint	16 x 25 Choice on 0:50 Odd - all out Even - easy	400	16 x 25 Choice on 0:50 Odd - all out Even - easy	400	16 x 25 Choice on 0:50 Odd - all out Even - easy	400
	100 Esay	100	100 Esay	100	100 Esay	100
Main S.	4 x [ 4 x 50 Choice on 0:40 ] 90-100% of Max Speed	800	4 x [ 4 x 50 Choice on 0:45 ] 90-100% of Max Speed	800	4 x [ 4 x 50 Choice on 0:55 or 5 sec. Rest ] 90-100% of Max Speed	800
	100 Easy between sets	400	100 Easy between sets	400	100 Easy between sets	400
	16 x 50 Choice on 1:15 Sprint on the turn	800	16 x 50 Choice on 1:15 Sprint on the turn	800	12 x 50 Choice on 1:30 Sprint on the turn	600
	100 Esay	100	100 Esay	100	100 Esay	100
Kick	800 Kick	800	600 Kick	600	400 Kick	400
W.D.	100 Esay	100	100 Esay	100	100 Esay	100
Total		4300		4100		3700
<b>Total Check :</b>		<b>4300</b>	<b>% of Total workout :</b>			
	Primary		EN1/SP1/SP2		WEEK :	14
	Secondary		SP3		DAY :	5
	Maintnance		EN2			