

|                      | Group I   |             | Group II  |             | Group III  |             |
|----------------------|---|-------------|---|-------------|--|-------------|
|                      | Set   | meters      | Set   | meters      | Set  | meters      |
| W.U.                 | 200 Breast 200 Kick 200 Free                        | 600         | 200 Breast 200 Kick 200 Free                        | 600         | 200 Breast 100 Kick 200 Free                       | 500         |
| Sprint               | 16 x 25 IM on 1:00                                  | 400         | 16 x 25 IM on 1:00                                  | 400         | 16 x 25 IM on 1:00                                 | 400         |
|                      | 100 Esay  | 100         | 100 Esay  | 100         | 100 Esay   | 100         |
| Kick                 | 6 x 100 Kick on 2:30<br>Alt Free/Back every 100     | 600         | 6 x 100 Kick on 2:30<br>Alt Free/Back every 100     | 600         | 6 x 100 Kick on 2:30<br>Alt Free/Back every 100    | 600         |
| Mian S.              | 4 x [<br>4 x 100 Choice on 2:15<br>]<br>Desc. 1 - 4 | 1600        | 4 x [<br>4 x 100 Choice on 2:30<br>]<br>Desc. 1 - 4 | 1600        | 4 x [<br>4 x 75 Choice on 2:15<br>]<br>Desc. 1 - 4 | 1200        |
|                      | 100 Easy between sets                               | 400         | 100 Easy between sets                               | 400         | 100 Easy between sets                              | 400         |
| Hypox.               | 16 x 50 Free on 1:00<br>[ one breath for each 25 ]  | 800         | 12 x 50 Free on 1:10<br>[ one breath for each 25 ]  | 400         | 8 x 50 Free on 1:15<br>[ one breath for each 25 ]  | 400         |
| W.D.                 | 100 Esay  | 100         | 100 Esay  | 100         | 100 Esay   | 100         |
| <b>Total</b>         |   | <b>4600</b> |   | <b>4200</b> |  | <b>3700</b> |
| <b>Total Check :</b> |   | <b>4600</b> | <b>% of Total workout :</b>                         |             |  |             |
|                      | Primary   |             | EN1/EN2   |             | WEEK :   | 16          |
|                      | Secondary   |             | EN3   |             | DAY :  | 5           |
|                      | Maintnance  |             | SP3   |             |  |             |