

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	8 x 100 IM	800	6 x 100 IM	600	5 x 100 IM	500
	10 x 50 [ 25 Fly + 25 Back] on 1:10 Keep 80-90% of Max	500	10 x 50 [ 25 Fly + 25 Back] on 1:15 Keep 80-90% of Max	500	10 x 50 [ 25 Fly + 25 Back] on 1:15 Keep 80-90% of Max	500
	600 Drills	600	500 Drills	500	400 Drills	400
Main S.	3 x [ 4 x 50 Choice on 0:40 ]	600	3 x [ 4 x 50 Choice on 0:45 ]	600	3 x [ 4 x 50 Choice on 0:55 ]	600
	100 Easy between sets	300	100 Easy between sets	300	100 Easy between sets	300
Kick	10 x 50 Kick on 1:10	500	10 x 50 Kick on 1:15	500	10 x 50 Kick on 1:20	500
	100 Easy	100	100 Easy	100	100 Easy	100
Pull	1000 Pull Free	1000	800 Pull Free	800	600 Pull Free	600
W.D.	100 Easy	100	100 Easy	100	100 Easy	100
<b>Total</b>		<b>4500</b>		<b>4000</b>		<b>3600</b>
<b>Total Check :</b>		<b>4500</b>	<b>% of Total workout :</b>			
	Primary		SP1/SP2		WEEK :	23
	Secondary		SP3		DAY :	1
	Maintenance		EN1 / EN2 / REC			