

	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
<b>Total</b>		<b>5100</b>		<b>5000</b>		<b>3700</b>
<b>Total Check :</b>		<b>5100</b>	<b>% of Total workout :</b>			
	Primary		EN1/SP1/SP2		WEEK :	34
	Secondary		SP3		DAY :	5
	Maintnance		EN2			