Group I		Group II		Group III	
Set	meters	Set	meters	Set	meters
300 Swim 300 Kick 300 Swim	900	300 Swim 200 Kick 200 Swim	700	200 Swim 100 Kick 200 Swim	500
8 x 25 Choice on 0:45 [10 All out + 15 Esay]	200	8 x 25 Choice on 0:45 [10 All out + 15 Esay]	200	8 x 25 Choice on 0:45 [10 All out + 15 Esay]	200
8 x 25 Kick on 0:45 [10 All out + 15 Esay]	200	8 x 25 Kick on 0:45 [10 All out + 15 Esay]	200	8 x 25 Kick on 0:45 [10 All out + 15 Esay]	200
2 x [2 x 200 Choice on 2:45]	800	2 x [2 x 200 Choice on 3:15]	800	2 x [2 x 150 Choice on 3:15]	600
100 easy between and after sets	200	100 easy between and after sets	200	100 easy between and after sets	200
8 x 50 Kick on 1:15 Odd - Easy Even - Fast	400	8 x 50 Kick on 1:15 Odd - Easy Even - Fast	400	8 x 50 Kick on 1:15 Odd - Easy Even - Fast	400
200 Warm down	200	100 Warm down	100	100 Warm down	100
	2900		2600		2200
	2900				
Primary				WEEK :	52
Secondary Maintnance		SP3 EN1 / EN2 / REC	-	DAY :	1
	Set 300 Swim 300 Kick 300 Swim 8 x 25 Choice on 0:45 [10 All out + 15 Esay] 8 x 25 Kick on 0:45 [10 All out + 15 Esay] 2 x [2 x 200 Choice on 2:45] 100 easy between and after sets 8 x 50 Kick on 1:15 Odd - Easy Even - Fast 200 Warm down Total Check : Primary Secondary	Set meters 300 Swim 300 Kick 300 Swim 900 8 x 25 Choice on 0:45 [10 All out + 15 Esay] 200 8 x 25 Kick on 0:45 [10 All out + 15 Esay] 200 2 x [2 x [2 x 200 Choice on 2:45] 800 300 easy between and after sets 200 8 x 50 Kick on 1:15 Odd - Easy Even - Fast 400 200 Warm down 200 200 Varm down 200 Primary 2900 Secondary 100	Set meters Set 300 Swim 300 Kick 300 Swim 900 300 Swim 200 Kick 200 Swim 8 x 25 Choice on 0:45 [10 All out + 15 Esay] 200 8 x 25 Choice on 0:45 [10 All out + 15 Esay] 8 x 25 Kick on 0:45 [10 All out + 15 Esay] 200 8 x 25 Kick on 0:45 [10 All out + 15 Esay] 2 x [2 x 200 Choice on 2:45] 800 2 x [2 x 200 Choice on 3:15] 100 easy between and after sets 200 100 easy between and after sets 8 x 50 Kick on 1:15 Odd - Easy Even - Fast 400 8 x 50 Kick on 1:15 Odd - Easy Even - Fast 200 Warm down 200 100 Warm down 2900 100 Warm down	Set meters Set meters 300 Swim 300 Kick 300 Swim 900 300 Swim 200 Kick 200 Swim 700 8 x 25 Choice on 0:45 200 8 x 25 Choice on 0:45 200 [10 All out + 15 Esay] 200 8 x 25 Choice on 0:45 200 8 x 25 Kick on 0:45 200 8 x 25 Kick on 0:45 200 [10 All out + 15 Esay] 200 8 x 25 Kick on 0:45 200 [10 All out + 15 Esay] 200 8 x 25 Kick on 0:45 200 [10 All out + 15 Esay] 200 8 x 25 Kick on 0:45 200 [10 All out + 15 Esay] 200 2 x [2 x 200 800 2 x [2 x 200 Choice on 2:45 300 2 x [800 2 x 200 Choice on 3:15 300 100 easy between and after sets 200 100 easy between and after sets 200 8 x 50 Kick on 1:15 400 Odd - Easy Even - Fast 200 100 Warm down 100 200 Warm down 200 100 Warm down 100 200 Varm down 2900 2600 2600 </td <td>SetmetersSetmetersSet300 Swim 300 Kick 300 Swim900300 Swim 200 Kick 200 Swim700200 Swim 100 Kick 200 Swim8 x 25 Choice on 0:45 [10 All out + 15 Esay]2008 x 25 Choice on 0:45 [10 All out + 15 Esay]2008 x 25 Kick on 0:45 [10 All out + 15 Esay]2008 x 25 Kick on 0:45 [10 All out + 15 Esay]2008 x 25 Kick on 0:45 [10 All out + 15 Esay]2008 x 25 Kick on 0:45 [10 All out + 15 Esay]2002 x [2 x 200 Choice on 2:45]8002 x [2 x 200 Choice on 3:15]8002 x [2 x 150 Choice on 3:15]100 easy between and after sets200100 easy between and after sets200100 easy between and after sets8 x 50 Kick on 1:15 Odd - Easy Even - Fast4008 x 50 Kick on 1:15 Odd - Easy Even - Fast4008 x 50 Kick on 1:15 Odd - Easy Even - Fast400200 Warm down200100 Warm down100100 Warm down100100 Warm down200100 Warm down100100 Warm down100 Exercise on 2:45 [10 All out + 15 Esay]2002600</td>	SetmetersSetmetersSet300 Swim 300 Kick 300 Swim900300 Swim 200 Kick 200 Swim700200 Swim 100 Kick 200 Swim8 x 25 Choice on 0:45 [10 All out + 15 Esay]2008 x 25 Choice on 0:45 [10 All out + 15 Esay]2008 x 25 Kick on 0:45 [10 All out + 15 Esay]2008 x 25 Kick on 0:45 [10 All out + 15 Esay]2008 x 25 Kick on 0:45 [10 All out + 15 Esay]2008 x 25 Kick on 0:45 [10 All out + 15 Esay]2002 x [2 x 200 Choice on 2:45]8002 x [2 x 200 Choice on 3:15]8002 x [2 x 150 Choice on 3:15]100 easy between and after sets200100 easy between and after sets200100 easy between and after sets8 x 50 Kick on 1:15 Odd - Easy Even - Fast4008 x 50 Kick on 1:15 Odd - Easy Even - Fast4008 x 50 Kick on 1:15 Odd - Easy Even - Fast400200 Warm down200100 Warm down100100 Warm down100100 Warm down200100 Warm down100100 Warm down100 Exercise on 2:45 [10 All out + 15 Esay]2002600