

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	400 Drills 200 Kick 200 Swim	800	400 Drills 200 Kick 100 Swim	700	300 Drills 200 Kick 100 Swim	600
Sprint	12 x 25 Fly on 0:50 [breath every 3rd]	300	12 x 25 Fly on 0:50 [breath every 3rd]	300	12 x 25 Fly on 0:50 [breath every 2nd]	300
	100 Easy	100	100 Easy	100	100 Easy	100
Main S.	2 x [4 x 200 Choice on 2:50]	1600	2 x [3 x 200 Choice on 3:30]	1200	2 x [4 x 150 Choice on 2:50]	1200
	100 Easy between sets	200	100 Easy between sets	200	100 Easy between sets	200
Pull	2 x [12 x 50 Free Pull on 0:55] Desc. 1 - 3	1200	2 x [10 x 50 Free Pull on 1:05] Desc. 1 - 3	1000	2 x [8 x 50 Free Pull on 1:20] Desc. 1 - 3	800
	100 Easy between sets	200	100 Easy between sets	200	100 Easy between sets	200
Kick	400 Kick Free	400	400 Kick Free	400	400 Kick Free	400
	100 Easy	100	100 Easy	100	100 Easy	100
Total		4900		4200		3900
Total Check :		4900	% of Total workout :			
	Primary		EN3/SP1		WEEK :	8
	Secondary		SP2/SP3		DAY :	1
	Maintenance		EN1/EN2			