

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	400 Drills 200 Kick	600	400 Drills 200 Kick	600	400 Drills 200 Kick	600
Sprint	12 x 25 Alt. Fly/Breast on 0:50 Fly fast, Breast easy	300	12 x 25 Alt. Fly/Breast on 0:50 Fly fast, Breast easy	300	12 x 25 Alt. Fly/Breast on 0:50 Fly fast, Breast easy	300
	100 Easy	100	100 Easy	100	100 Easy	100
Main S.	2 x [4 x 250 Choice on 4:00] First Set:200+20 s.rest+50 fast Second Set: Desc. 1 - 4	2000	2 x [4 x 200 Choice on 4:00] First Set:200+20 s.rest+50 fast Second Set: Desc. 1 - 4	1600	2 x [4 x 175 Choice on 4:00] First Set:200+20 s.rest+50 fast Second Set: Desc. 1 - 4	1400
	100 Easy between sets	200	100 Easy between sets	200	100 Easy between sets	200
Pull	2 x [6 x 100 Free Pull on 1:40] Desc. 1 - 3	1200	2 x [5 x 100 Free Pull on 2:00] Desc. 1 - 5	1000	2 x [4 x 100 Free Pull on 2:15] Desc. 1 - 4	800
	100 Easy between sets	200	100 Easy between sets	200	100 Easy between sets	200
Kick	8 x 50 Kick Free on 1:20	400	8 x 50 Kick Free on 1:20	400	8 x 50 Kick Free on 1:20	400
	100 Easy	100	100 Easy	100	100 Easy	100
Total		5100		4500		4100
Total Check :		5100	% of Total workout :			
	Primary		EN3/SP1		WEEK :	9
	Secondary		SP2/SP3		DAY :	1
	Maintnace		EN1/EN2			