

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	400 Swim 400 Drills	800	300 Swim 400 Drills	700	300 Swim 300 Drills	600
	12 x 50 Golf Free on 1:15 [Num. of strokes + Time = Min]	600	12 x 50 Golf Free on 1:15 [Num. of strokes + Time = Min]	600	12 x 50 Golf Free on 1:15 [Num. of strokes + Time = Min]	600
	100 Easy	100	100 Easy	100	100 Easy	100
Sprint	4 x 25 Choice on 1:00 [all out] start from blocks	100	4 x 25 Choice on 1:00 [all out] start from blocks	100	4 x 25 Choice on 1:00 [all out] start from blocks	100
	100 Easy	100	100 Easy	100	100 Easy	100
Main S.	5 x 200 Choice on 3:15 [Negative split]	1000	5 x 200 Choice on 3:30 [Negative split]	1000	4 x 200 Choice on 4:00 [Negative split]	800
	100 Easy	100	100 Easy	100	100 Easy	100
Pull	6 x 150 Free Pull on 2:15 Desc. 1 - 3	900	6 x 150 Free Pull on 2:15 Desc. 1 - 3	900	6 x 100 Free Pull on 2:15 Desc. 1 - 3	600
	100 Easy	100	100 Easy	100	100 Easy	100
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
Hypox.	12 x 50 Hypox. On 1:00	600	10 x 50 Hypox. On 1:05	500	8 x 50 Hypox. On 1:10	400
W.D.	200 Easy	200	200 Easy	200	200 Easy	200
Total		5000		4800		4100
Total Check :		5000	% of Total workout :			
	Primary		EN3/SP1		WEEK :	10
	Secondary		SP2/SP3		DAY :	1
	Maintnance		EN1/EN2			