

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	300 Swim 300 Kick 300 Pull	900	300 Swim 200 Kick 200 Pull	700	200 Swim 200 Kick 200 Pull	600
Kick	6 x 100 Kick on 2:30 Odd - Kick on side Even - Free	600	6 x 100 Kick on 2:30 Odd - Kick on side Even - Free	600	6 x 100 Kick on 2:30 Odd - Kick on side Even - Free	600
	100 Easy	100	100 Easy	100	100 Easy	100
Main S.	12 x 100 Choice on 2:30 80-90% Maximum Speed every 4th slow	1200	10 x 100 Choice on 2:45 80-90% Maximum Speed every 4th slow	1000	8 x 100 Choice on 3:00 80-90% Maximum Speed every 4th slow	800
	200 Easy	200	200 Easy	200	200 Easy	200
Drills	8 x 100 Drills 1-2 : Zipper 3: Fist 4-5 : Catch up 6 : Back one arm 7-8 : Arms Breast, Kick Fly	800	8 x 100 Drills 1-2 : Catch up 3-4 : One arm Fly 5-6 : Breast 2 up 2 under 7 : One arm Back 8 : Back Kick with swiching	800	8 x 100 Drills 1-2 : Catch up 3-4 : One arm Fly 5-6 : Breast 2 up 2 under 7 : One arm Back 8 : Back Kick with swiching	800
Pull	20 x 50 Free Pull on 0:50	1000	16 x 50 Free Pull on 1:00	800	14 x 50 Free Pull on 1:10	700
W.D.	200 Easy	200	200 Easy	200	200 Easy	200
Total		5000		4400		4000
Total Check :		5000	% of Total workout :			
	Primary		EN3/SP1		WEEK :	10
	Secondary		SP2/SP3		DAY :	3
	Maintnance		EN1/EN2			