

	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	24 x 25 Kick Choice on 0:45 Odd - Fast Even - Easy	600	24 x 25 Kick Choice on 0:45 Odd - Fast Even - Easy	600	24 x 25 Kick Choice on 0:45 Odd - Fast Even - Easy	600
	100 Easy	100	100 Easy	100	100 Easy	100
Main S.	2 x [ 2 x 50 Choice on 0:40 2 x 100 Choice on 1:20 2 x 200 Choice on 2:45 2 x 100 Choice on 1:20 2 x 50 Choice on 0:40 ] making pace time is enough	2000	2 x [ 2 x 50 Choice on 0:50 2 x 100 Choice on 1:45 2 x 200 Choice on 3:15 2 x 100 Choice on 1:45 2 x 50 Choice on 0:50 ] making pace time is enough	2000	2 x [ 2 x 50 Choice on 1:00 2 x 100 Choice on 2:00 2 x 150 Choice on 3:00 2 x 100 Choice on 2:00 2 x 50 Choice on 1:00 ] making pace time is enough	1000
	200 Easy between sets	400	200 Easy between sets	400	200 Easy between sets	400
Hypx.	800 Hypox.	800	700 Hypox.	700	600 Hypox.	600
W.D.	200 Easy	200	200 Easy	200	200 Easy	200
<b>Total</b>		<b>5000</b>		<b>4700</b>		<b>3500</b>
<b>Total Check :</b>		<b>5000</b>	<b>% of Total workout :</b>			
	Primary		EN3/SP1		WEEK :	11
	Secondary		SP2/SP3		DAY :	3
	Maintnance		EN1/EN2			