

	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	8 x 50 Free Kick 1:10	400	8 x 50 Free Kick 1:10	400	8 x 50 Free Kick 1:10	400
	100 Easy	100	100 Easy	100	100 Easy	100
Main S.	2 x [6 x 150 Choice on 3:00] Swim Fast 1st and 3rd 50	1800	2 x [6 x 150 Choice on 3:15] Swim Fast 1st and 3rd 50	1800	2 x [6 x 125 Choice on 3:30] Swim Fast 1st and last 25	1500
	200 Easy between sets	400	200 Easy between sets	400	200 Easy between sets	400
Kick	400 Kick Alt. Free and Back shoulder up every 50	400	400 Kick Alt. Free and Back shoulder up every 50	400	400 Kick Alt. Free and Back shoulder up every 50	400
Hypox.	16 x 50 Hypox. On 1:00 [2 breaths per 25]	800	16 x 50 Hypox. On 1:00 [3 breaths per 25]	800	16 x 50 Hypox. On 1:00 [4 breaths per 25]	800
W.D.	200 Easy	200	200 Easy	200	200 Easy	200
Total		5000		4800		4400
Total Check :		5000	% of Total workout :			
	Primary		EN1/SP1/SP2		WEEK :	13
	Secondary		SP3		DAY :	3
	Maintenance		EN2			