

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	200 Breast 200 Kick 200 Free	600	200 Breast 200 Kick 200 Free	600	200 Breast 100 Kick 200 Free	500
Sprint	16 x 25 IM on 0:45	400	16 x 25 IM on 0:45	400	16 x 25 IM on 0:45	400
	100 Easy	100	100 Easy	100	100 Easy	100
Kick	6 x 100 Kick on 2:30 Alt Free/Back every 100	600	6 x 100 Kick on 2:30 Alt Free/Back every 100	600	6 x 100 Kick on 2:30 Alt Free/Back every 100	600
Mian S.	4 x [5 x 100 Choice on 2:15] Desc. 1 - 5	2000	4 x [5 x 100 Choice on 2:30] Desc. 1 - 5	2000	4 x [5 x 75 Choice on 2:15] Desc. 1 - 5	1500
	100 Easy between sets	400	100 Easy between sets	400	75 Easy between sets	300
Hypox.	16 x 50 Free on 1:00 [one breath for each 25]	800	12 x 50 Free on 1:10 [one breath for each 25]	400	8 x 50 Free on 1:15 [one breath for each 25]	400
W.D.	100 Easy	100	100 Easy	100	100 Easy	100
Total		5000		4600		3900
Total Check :		5000	% of Total workout :			
	Primary		EN1/EN2		WEEK :	16
	Secondary		EN3		DAY :	5
	Maintnance		SP3			