

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	200 Swim 200 Kick 200 Pull	600	200 Swim 200 Kick 200 Pull	600	200 Swim 100 Kick 200 Pull	500
Sprint	10 x 25 Fly on 1:00	250	10 x 25 Fly on 1:00	250	10 x 25 Fly on 1:00	250
	100 Easy	100	100 Easy	100	100 Easy	100
	10 x 25 Choice Fast on 1:00	250	10 x 25 Choice Fast on 1:00	250	10 x 25 Choice Fast on 1:00	250
Kick	4 x 100 Kick on 2:30	400	4 x 100 Kick on 2:30	400	4 x 100 Kick on 2:30	400
	First - Free Second- Alt. Back/Side Back every 25		First - Free Second- Alt. Back/Side Back every 25		First - Free Second- Alt. Back/Side Back every 25	
Mian S.	5 x [2000	5 x [2000	5 x [1500
	4 x 100 Choice on 2:00		4 x 100 Choice on 2:15		4 x 75 Choice on 2:15	
] Negative split] Negative split] 50 Treshold Speed + 25 Fast	
	100 Easy between sets	400	100 Easy between sets	400	100 Easy between sets	400
Drills	6 x 100 Free [minimum number of strokes]	600	6 x 100 Free [minimum number of strokes]	600	6 x 100 Free [minimum number of strokes]	600
W.D.	100 Easy	100	100 Easy	100	100 Easy	100
Total		4700		4700		4100
Total Check :		4700	% of Total workout :			
	Primary		EN1/EN2		WEEK :	17
	Secondary		EN3		DAY :	5
	Maintnace		SP3			