

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	300 Swim 300 Kick 300 Pull	900	200 Swim 200 Kick 200 Pull	600	200 Swim 200 Kick 200 Pull	600
Sprint	16 x 25 All out on 1:00 Alternate Free/Back	400	16 x 25 All out on 1:00 Alternate Free/Back	400	16 x 25 All out on 1:00 Alternate Free/Back	400
Kick	16 x 50 Kick on 1:15 Alternate Free/Back	800	14 x 50 Kick on 1:25 Alternate Free/Back	700	12 x 50 Kick on 1:40 Alternate Free/Back	600
	100 Easy	100	100 Easy	100	100 Easy	100
Main S.	12 x [ 4 x 50 Choice ]	2400	12 x [ 4 x 50 Choice ]	2400	12 x [ 3 x 50 Choice ]	1800
	1,5,9 - Desc. 1-4 + 10 sec. Rest. 2,6,10 - Easy/Fast/Easy/Fast + 10 sec Rest 3,7,11 - Moderate + 5 sec. Rest 9,10,11,12 - Hard + 15 sec. Rest.		1,5,9 - Desc. 1-4 + 10 sec. Rest. 2,6,10 - Easy/Fast/Easy/Fast + 10 sec Rest 3,7,11 - Moderate + 5 sec. Rest 9,10,11,12 - Hard + 15 sec. Rest.		1,5,9 - Desc. 1-4 + 10 sec. Rest. 2,6,10 - Easy/Fast/Easy + 10 sec Rest 3,7,11 - Moderate + 5 sec. Rest 9,10,11,12 - Hard + 15 sec. Rest.	
	100 Easy between sets of 4	400	100 Easy between sets	400	100 Easy between sets	400
Pull	400 Pull	400	300 Pull	300	250 Pull	250
W.D.	100 Easy	100	100 Easy	100	100 Easy	100
Total		5500		5000		4250
<b>Total Check :</b>		<b>5500</b>	<b>% of Total workout :</b>			
	Primary		EN3 / SP1		WEEK :	21
	Secondary		SP2 / SP3		DAY :	1
	Maintnance		EN1 / EN2 / REC			