

	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 75 Kick on 2:00	600	8 x 75 Kick on 2:00	600	8 x 75 Kick on 2:00	600
	100 Easy	100	100 Easy	100	100 Easy	100
Main S.	2 x [4 x 150 Choice on 4:00] 125: long stroke 25: 80-90% Maximum Speed	1200	2 x [4 x 150 Choice on 4:00] 125: long stroke 25: 80-90% Maximum Speed	1200	2 x [4 x 125 Choice on 4:00] 125: long stroke 25: 80-90% Maximum Speed	1000
	200 Easy between sets	400	200 Easy between sets	400	200 Easy between sets	400
Pull	20 x 50 Free Pull on 0:50	1000	18 x 50 Free Pull on 0:55	900	16 x 50 Free Pull on 1:10	800
Hypx.	800 Hypox.	800	700 Hypox.	700	600 Hypox.	600
W.D.	100 Easy	100	100 Easy	100	100 Easy	100
Total		5100		4700		4200
Total Check :		5100	% of Total workout :			
	Primary		EN3/SP1		WEEK :	32
	Secondary		SP2/SP3		DAY :	3
	Maintenance		EN1/EN2			