

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	6 x 100 IM	600	6 x 100 IM	600	6 x 100 IM	600
Kick	16 x 25 IM Kick on 0:45	400	16 x 25 IM Kick on 0:45	400	16 x 25 IM Kick on 0:45	400
	100 Easy	100	100 Easy	100	100 Easy	100
Main S.	2 x 100 Choice on 1:45	2200	2 x 100 Choice on 1:50	2200	2 x 100 Choice on 2:00	2200
	2 x 100 Choice on 1:40		2 x 100 Choice on 1:45		2 x 100 Choice on 1:55	
	2 x 100 Choice on 1:35		2 x 100 Choice on 1:40		2 x 100 Choice on 1:50	
	2 x 100 Choice on 1:30		2 x 100 Choice on 1:35		2 x 100 Choice on 1:45	
	2 x 100 Choice on 1:25		2 x 100 Choice on 1:30		2 x 100 Choice on 1:40	
	2 x 100 Choice on 1:20		2 x 100 Choice on 1:25		2 x 100 Choice on 1:35	
	2 x 100 Choice on 1:25		2 x 100 Choice on 1:30		2 x 100 Choice on 1:40	
	2 x 100 Choice on 1:30		2 x 100 Choice on 1:35		2 x 100 Choice on 1:45	
	2 x 100 Choice on 1:35		2 x 100 Choice on 1:40		2 x 100 Choice on 1:50	
	2 x 100 Choice on 1:40		2 x 100 Choice on 1:45		2 x 100 Choice on 1:55	
	2 x 100 Choice on 1:45		2 x 100 Choice on 1:50		2 x 100 Choice on 2:00	
	200 Easy	200	200 Easy	200	200 Easy	200
Main S.	4 x [1600	4 x [1600	4 x [1600
	4 x 100 IM on 1:45		4 x 100 IM on 1:45		4 x 100 IM on 1:45	
]]]	
	make pace time only		make pace time only		make pace time only	
	about 2 minutes rest between sets		about 2 minutes rest between sets		about 2 minutes rest between sets	
W.D.	100 Easy	100	100 Easy	100	100 Easy	100
Total		5200		5200		5200
Total Check :		5200	% of Total workout :			
	Primary		EN3/SP1		WEEK :	32
	Secondary		SP2/SP3		DAY :	5
	Maintnance		EN1/EN2			