

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
<b>W.U.</b>	300 Swim 300 Kick 300 Pull	<b>900</b>	300 Swim 200 Kick 300 Pull	<b>800</b>	200 Swim 200 Kick 200 Pull	<b>600</b>
<b>Drills</b>	6 x 100 Drills on +/- 3:00	<b>600</b>	6 x 100 Drills on +/- 3:00	<b>600</b>	6 x 100 Drills on +/- 3:00	<b>600</b>
	100 Easy	<b>100</b>	100 Easy	<b>100</b>	100 Easy	<b>100</b>
<b>Main S.</b>	4 x 200 Choice on 4:00 Odd - Negative Split Even - All out	<b>800</b>	4 x 200 Choice on 4:00 Odd - Negative Split Even - All out	<b>800</b>	4 x 150 Choice on 4:00 Odd - Negative Split Even - All out	<b>600</b>
<b>Mian S.</b>	4 x 200 Alt. Swim/Kick every 25 on 4:00	<b>800</b>	4 x 200 Alt. Swim/Kick every 25 on 4:00	<b>800</b>	4 x 150 Alt. Swim/Kick every 25 on 4:00	<b>600</b>
	100 Easy	<b>100</b>	100 Easy	<b>100</b>	100 Easy	<b>100</b>
<b>Kick</b>	16 x 25 Kick on 0:45 Alternate Free / Back	<b>400</b>	16 x 25 Kick on 0:45 Alternate Free / Back	<b>400</b>	16 x 25 Kick on 0:45 Alternate Free / Back	<b>400</b>
<b>Hypox</b>	16 x 50 Hypox on 1:20	<b>800</b>	16 x 50 Hypox on 1:20	<b>800</b>	16 x 50 Hypox on 1:20	<b>800</b>
	100 Easy	<b>100</b>	100 Easy	<b>100</b>	100 Easy	<b>100</b>
<b>Total</b>		<b>4600</b>		<b>4500</b>		<b>3900</b>
<b>Total Check :</b>		<b>3800</b>	<b>% of Total workout :</b>			
	<b>Primary</b>		<b>EN1/EN2</b>		<b>WEEK :</b>	<b>36</b>
	<b>Secondary</b>		<b>EN3</b>		<b>DAY :</b>	<b>1</b>
	<b>Maintnance</b>		<b>SP3</b>			