

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	4 x 200 IM reverse order	800	4 x 200 IM reverse order	800	3 x 200 IM reverse order	600
Sprint	12 x 25 IM on 0:45 Odd - all out Even - easy	300	12 x 25 IM on 0:45 Odd - all out Even - easy	300	12 x 25 IM on 0:45 Odd - all out Even - easy	300
	100 Easy	100	100 Easy	100	100 Easy	100
Main S.	4 x [2 x 25 Choice Build on 0:45 100 Drills 2 x 25 Choice Build on 0:45 100 Drills]	1200	4 x [2 x 25 Choice Build on 0:45 100 Drills 2 x 25 Choice Build on 0:45 100 Drills]	1200	4 x [2 x 25 Choice Build on 0:45 100 Drills 2 x 25 Choice Build on 0:45 100 Drills]	1200
	100 Easy between sets	400	100 Easy between sets	200	100 Easy between sets	200
Kick	10 x 50 Kick on 1:15 Odd - Back dolphin kick Even - Free	500	10 x 50 Kick on 1:15 Odd - Back dolphin kick Even - Free	500	8 x 50 Kick on 1:30 Odd - Back dolphin kick Even - Free	400
Pull	6 x 100 Free Pull - Optional [fast on turns]	600	5 x 100 Free Pull - Optional [fast on turns]	500	4 x 100 Free Pull - Optional [fast on turns]	400
W.D.	100 Easy	100	100 Easy	100	100 Easy	100
Total		4000		3700		3300
Total Check :		4000	% of Total workout :			
	Primary		EN1/EN2		WEEK :	37
	Secondary		EN3		DAY :	3
	Maintnance		SP3			