

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	4 x 200 IM	800	4 x 200 IM	800	3 x 200 IM	600
Sprint	8 x 100 IM on 2:00 IM reverse order	800	6 x 100 IM on 2:20 IM reverse order	600	6 x 100 IM on 2:20 IM reverse order	600
	100 Esay	100	100 Esay	100	100 Esay	100
Kick	16 x 25 Kick on 1:00 [12.5 All out + 12.5 Easy]	400	16 x 25 Kick on 1:00 [12.5 All out + 12.5 Easy]	400	16 x 25 Kick on 1:00 [12.5 All out + 12.5 Easy]	400
	100 Easy	100	100 Easy	100	100 Easy	100
Main S.	40 x 50 in groups of 5: 1 and 2 Choice on 1:00 3 and 4 Choice on 0:45 5 One arm fly on 1:00	2000	40 x 50 in groups of 5: 1 and 2 Choice on 1:00 3 and 4 Choice on 0:45 5 One arm fly on 1:00	2000	32 x 50 In groups of 4: 1 and 2 Choice on 1:20 3 Choice on 0:50 4 One arm fly on 1:20	1600
	100 Easy	100	100 Easy	100	100 Easy	100
Pull	600 Pull Free Every 4th 25 fast	600	500 Pull Free Every 4th 25 fast	500	400 Pull Free Every 4th 25 fast	400
W.D.	100 Easy	100	100 Easy	100	100 Easy	100
Total		5000		4700		4000
Total Check :		5000	% of Total workout :			
	Primary		EN3 / SP1		WEEK :	43
	Secondary		SP2 / SP3		DAY :	3
	Maintnance		EN1 / EN2 / REC			