

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	400 Drills 400 Free [breath every 4th]	800	300 Drills 300 Free [breath every 4th]	600	300 Drills 300 Free [breath every 4th]	600
Sprint	8 x 25 IM on 0:45 [10 All out + 15 easy]	200	8 x 25 IM on 0:45 [10 All out + 15 easy]	200	8 x 25 IM on 0:45 [10 All out + 15 easy]	200
Kick	8 x 25 IM Kick on 0:50 [Fast solid kick]	200	8 x 25 IM Kick on 0:50 [Fast solid kick]	200	8 x 25 IM Kick on 0:50 [Fast solid kick]	200
	100 Easy	100	100 Easy	100	100 Easy	100
Main S.	5 x [2 x 100 Choice on 1:45 4 x 25 Choice Fast on 0:30 1 x 100 Free Easy on 2:00] Non Stop	2000	5 x [2 x 75 Choice on 1:45 4 x 25 Choice Fast on 0:30 1 x 100 Free Easy on 2:00] Non Stop	1750	5 x [2 x 75 Choice on 1:45 4 x 25 Choice Fast on 0:30 1 x 50 Free Easy on 2:00] Non Stop	1500
	100 Easy	100	100 Easy between sets	400	100 Easy between sets	400
Pull	1000 Free Pull Every 4th 25 hard	1000	800 Free Pull Every 4th 25 hard	800	600 Free Pull Every 4th 25 hard	600
W.D.	200 Easy	200	200 Easy	200	200 Easy	200
Total		4600		4250		3800
Total Check :		4600	% of Total workout :			
	Primary		EN3 / SP1		WEEK :	43
	Secondary		SP2 / SP3		DAY :	5
	Maintnance		EN1 / EN2 / REC			