

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
<b>W.U.</b>	400 Kick 400 Swim	<b>800</b>	300 Kick 300 Swim	<b>600</b>	200 Kick 300 Swim	<b>500</b>
	10 x 50 Pull on 1:00	<b>500</b>	10 x 50 Pull on 1:00	<b>500</b>	10 x 50 Pull on 1:00	<b>500</b>
	4 x ( 25 sprint + 75 easy )	<b>400</b>	4 x ( 25 sprint + 75 easy )	<b>400</b>	4 x ( 25 sprint + 75 easy )	<b>400</b>
	2 x 50 Choice All out	<b>100</b>	2 x 50 Choice	<b>100</b>	2 x 50 Choice	<b>100</b>
	400 Drills	<b>400</b>	400 Drills	<b>400</b>	300 Drills	<b>300</b>
<b>Main S.</b>	6 x 100 Choice on 2:00 Odd - Easy Even - All out	<b>600</b>	6 x 100 Choice on 2:10 Odd - Easy Even - All out	<b>600</b>	6 x 75 Choice on 2:00 Odd - Easy Even - All out	<b>450</b>
<b>Kick</b>	100 easy	<b>100</b>	100 easy	<b>100</b>	100 easy	<b>100</b>
	6 x 100 Kick on 2:10	<b>600</b>	6 x 100 Kick on 2:10	<b>600</b>	6 x 75 Kick on 2:10	<b>450</b>
<b>Pull</b>	10 x 50 Underwater Kick on 1:15	<b>500</b>	10 x 50 Underwater Kick on 1:15	<b>500</b>	10 x 50 Underwater Kick on 1:15	<b>500</b>
<b>W.D.</b>	200 Warm down	<b>200</b>	200 Warm down	<b>200</b>	200 Warm down	<b>200</b>
<b>Total</b>		<b>4200</b>		<b>4000</b>		<b>3500</b>
<b>Total Check :</b>		<b>4200</b>	<b>% of Total workout :</b>			
	<b>Primary</b>		<b>SP1/SP2</b>		<b>WEEK :</b>	<b>45</b>
	<b>Secondary</b>		<b>SP3</b>		<b>DAY :</b>	<b>1</b>
	<b>Maintnance</b>		<b>EN1 / EN2 / REC</b>			