

	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 200 Pull	<b>700</b>	200 Swim 200 Kick 200 Pull	<b>600</b>
	4 x 25 Fly on 0:40 Desc.	<b>300</b>	4 x 25 Fly on 0:40 Desc.	<b>300</b>	4 x 25 Fly on 0:40 Desc.	<b>300</b>
	4 x 25 Back on 0:40 Desc.		4 x 25 Back on 0:40 Desc.		4 x 25 Back on 0:40 Desc.	
	4 x 25 Breast on 0:40 Desc.		4 x 25 Breast on 0:40 Desc.		4 x 25 Breast on 0:40 Desc.	
	4 x 25 Free on 0:40 Desc.		4 x 25 Free on 0:40 Desc.		4 x 25 Free on 0:40 Desc.	
<b>Sprint</b>	16 x 25 Kick/Swim on 0:50	<b>400</b>	16 x 25 Kick/Swim on 0:50	<b>400</b>	16 x 25 Kick/Swim on 0:50	<b>400</b>
<b>Drills</b>	8 x 50 Drills on 1:15	<b>400</b>	8 x 50 Drills on 1:15	<b>400</b>	6 x 50 Drills on 1:25	<b>300</b>
<b>Main S.</b>	4 x [ 8 x 25 on 0:45 ] odd - fast, 1sec. Off PB even - very easy	<b>800</b>	4 x ( 8 x 25 on 0:45 ) odd - fast, 1sec. Off PB even - very easy	<b>800</b>	4 x ( 8 x 25 on 0:45 ) odd - fast, 1sec. Off PB even - very easy	<b>800</b>
	100 easy	<b>100</b>	100 easy	<b>100</b>	100 easy	<b>100</b>
<b>Main S.</b>	12 x 50 Best Stroke on 1:15 1,2 - esay 3 - fast	<b>600</b>	12 x 50 Best Stroke on 1:15 1,2 - esay 3 - fast	<b>600</b>	12 x 50 Best Stroke on 1:15 1,2 - esay 3 - fast	<b>600</b>
	100 easy	<b>100</b>	100 easy	<b>100</b>	100 easy	<b>100</b>
<b>Pull</b>	1000 Pull - long stroke try no breath 25 for every 100	<b>1000</b>	800 Pull - long stroke try no breath 25 for every 100	<b>800</b>	600 Pull - long stroke try no breath 25 for every 100	<b>600</b>
<b>W.D.</b>	200 Warm down	<b>200</b>	200 Warm down	<b>200</b>	100 Warm down	<b>100</b>
<b>Total</b>		<b>4800</b>		<b>4400</b>		<b>3900</b>
<b>Total Check :</b>		<b>4800</b>	<b>% of Total workout :</b>			
	Primary		SP1/SP2		WEEK :	45
	Secondary		SP3		DAY :	7
	Maintnance		EN1 / EN2 / REC			