

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	300 Swim 300 Kick 300 Swim	900	300 Swim 200 Kick 200 Swim	700	200 Swim 100 Kick 200 Swim	500
Sprint	8 x 25 Choice on 0:45 [10 All out + 15 Esay]	200	8 x 25 Choice on 0:45 [10 All out + 15 Esay]	200	8 x 25 Choice on 0:45 [10 All out + 15 Esay]	200
	8 x 25 Kick on 0:45 [10 All out + 15 Esay]	200	8 x 25 Kick on 0:45 [10 All out + 15 Esay]	200	8 x 25 Kick on 0:45 [10 All out + 15 Esay]	200
Main S.	2 x [2 x 200 Choice on 2:45]	800	2 x [2 x 200 Choice on 3:15]	800	2 x [2 x 150 Choice on 3:15]	600
	100 easy between and after sets	200	100 easy between and after sets	200	100 easy between and after sets	200
Kick	8 x 50 Kick on 1:15 Odd - Easy Even - Fast	400	8 x 50 Kick on 1:15 Odd - Easy Even - Fast	400	8 x 50 Kick on 1:15 Odd - Easy Even - Fast	400
W.D.	200 Warm down	200	100 Warm down	100	100 Warm down	100
Total		2900		2600		2200
Total Check :		2900	% of Total workout :			
	Primary		SP1/SP2		WEEK :	30
	Secondary		SP3		DAY :	3
	Maintnance		EN1 / EN2 / REC			