

	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 0:30 DPS	200	8 x 25 Choice on 0:30 DPS	200	8 x 25 Choice on 0:30 DPS	200
	8 x 25 Kick on 0:45 DPS	200	8 x 25 Kick on 0:45 DPS	200	8 x 25 Kick on 0:45 DPS	200
Main S.	4 x 200 Free on 2:45 make pace time only	800	4 x 200 Free on 3:15 make pace time only	800	4 x 150 Free on 3:15 make pace time only	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 1:30	400	8 x 50 Kick on 1:30	400	8 x 50 Kick on 1:30	400
Drills	16 x 25 Drills on 1:00	400	16 x 25 Drills on 1:00	400	16 x 25 Drills on 1:00	400
W.D.	200 Warm down	200	100 Warm down	100	100 Warm down	100
Total		3300		3000		2600
Total Check :		3300	% of Total workout :			
	Primary		SP1/SP2		WEEK :	31
	Secondary		SP3		DAY :	3
	Maintnance		EN1 / EN2 / REC			