

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	4 x 200 IM	800	4 x 200 IM	800	3 x 200 IM	600
Kick	16 x 25 Kick on 1:00 stay under water until read line	400	16 x 25 Kick on 1:00 stay under water until read line	400	16 x 25 Kick on 1:00 stay under water until read line	400
	100 Esay	100	100 Esay	100	100 Esay	100
Main S.	2 x 1000 [75 Free + 25 Back]	2000	2 x 800 [75 Free + 25 Back]	1600	2 x 700 [75 Free + 25 Back]	1400
	100 Easy between sets	200	100 Easy between sets	200	100 Easy between sets	200
Pull	600 Pull Free	600	600 Pull Free	600	600 Pull Free	600
W.D.	100 Easy	100	100 Easy	100	100 Easy	100
Total		4200		3800		3400
Total Check :		4200	% of Total workout :			
	Primary		EN1		WEEK :	1
	Secondary		EN2		DAY :	5
	Maintnance		SP3			