

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	300 Swim 300 Kick 300 Pull	900	200 Swim 200 Kick 200 Pull	600	200 Swim 200 Kick 200 Pull	600
Kick	6 x 100 Kick on 2:30 [ alternate free/back each 25 ]	600	6 x 100 Kick on 2:30 [ alternate free/back each 25 ]	600	6 x 75 Kick on 2:30 [ alternate free/back each 25 ]	450
	100 Easy	100	100 Easy	100	100 Easy	100
Main S.	2 x [ 2 x 50 Back on 1:00 2 x 100 Free on 1:40 2 x 200 IM on 3:00 2 x 100 Free on 1:40 2 x 50 Back on 1:00 ]	2000	2 x [ 2 x 50 Back on 1:00 2 x 100 Free on 1:50 2 x 200 IM on 3:30 2 x 100 Free on 1:50 2 x 50 Back on 1:00 ]	2000	2 x [ 2 x 50 Back on 1:00 2 x 100 Free on 1:50 2 x 150 IM (no Fly) on 3:30 2 x 100 Free on 1:50 2 x 50 Back on 1:00 ]	1800
	100 Easy	100	100 Easy	100	100 Easy	100
Hypox.	6 x 100 Catch up. Breath every 6th	600	5 x 100 Catch up. Breath every 4th	500	4 x 100 Catch up. Breath every 4th	400
W.D.	200 Easy	200	200 Easy	200	200 Easy	200
<b>Total</b>		<b>4500</b>		<b>4100</b>		<b>3650</b>
<b>Total Check :</b>		<b>4500</b>	<b>% of Total workout :</b>			
	Primary		EN1		WEEK :	2
	Secondary		EN2		DAY :	1
	Maintnance		SP3			