

	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 Odd - Free no borad Even - one arm up	400	16 x 25 Kick on 1:00 Odd - Free no borad Even - one arm up	400	16 x 25 Kick on 1:00 Odd - Free no borad Even - one arm up	400
	100 Esay	100	100 Esay	100	100 Esay	100
Main S.	4 x [ 4 x 50 Choice on 0:50, 0:45, 0:40 ] 1,2,3 tershold speed, 4 fast	800	4 x [ 4 x 50 Choice on 0:55, 0:50, 0:45 ] 1,2,3 tershold speed, 4 fast	800	4 x [ 3 x 50 Choice on 1:05, 1:00, 0:55 ] 1,2 tershold speed, 3 fast	600
	50 Easy between sets	200	50 Easy between sets	200	50 Easy between sets	200
Main S.	10 x 200 on 3:15 [ alt. Free/Back each 25]	2000	8 x 200 on 3:30 [ alt. Free/Back each 25]	1600	10 x 150 on 3:15 [ alt. Free/Back each 25]	1500
	100 Esay	100	100 Esay	100	100 Esay	100
Pull	600 Pull Free	600	600 Pull Free	600	600 Pull Free	600
W.D.	100 Easy	100	100 Easy	100	100 Easy	100
<b>Total</b>		<b>5100</b>		<b>4700</b>		<b>4200</b>
<b>Total Check :</b>		<b>5100</b>	<b>% of Total workout :</b>			
	Primary		EN1		WEEK :	2
	Secondary		EN2		DAY :	3
	Maintnance		SP3			