

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	4 x 150 IM no Fly 300 Kick	900	4 x 150 IM no Fly 300 Kick	900	2 x 150 IM no Fly 300 Kick	600
	3 x 30 sec. Breaststroke Jump 30 sec. rest. count # of jumps.		3 x 30 sec. Breaststroke Jump 30 sec. rest. count # of jumps.		3 x 30 sec. Breaststroke Jump 30 sec. rest. count # of jumps.	
Sprint	10 x 25 Pull Fly on 0:45	250	10 x 25 Pull Fly on 0:45	250	10 x 25 Pull Fly on 0:45	250
	10 x 25 Kick Fly on 0:50	250	10 x 25 Kick Fly on 0:50	250	10 x 25 Kick Fly on 0:50	250
	10 x 25 One arm fly on 0:30	250	10 x 25 One arm fly on 0:30	250	10 x 25 One arm fly on 0:30	250
	50 easy between each 10	150	50 easy between each 10	150	50 easy between each 10	150
Main S.	5 x [4 x 50 Choice on 0:40]	1000	5 x [4 x 50 Choice on 0:45]	1000	5 x [3 x 50 Choice on 0:50]	750
	50 Easy between sets	200	50 Easy between sets	200	50 Easy between sets	200
	5 x [4 x 50 Kick Choice on 0:55]	1000	5 x [4 x 50 Kick Choice on 1:00]	1000	5 x [3 x 50 Kick Choice on 1:20]	750
	50 Easy between sets	200	50 Easy between sets	200	50 Easy between sets	200
Hypox	5 x 100 Hypox. On 1:45 breath 2 times per 25	500	4 x 100 Hypox. On 2:00 breath 3 times per 25	400	4 x 100 Hypox. On 2:15 breath 4 times per 25	400
W.D.	200 Easy	200	200 Easy	200	200 Easy	200
Total		4900		4800		4000
Total Check :		4900	% of Total workout :			
	Primary		EN1		WEEK :	3
	Secondary		EN2		DAY :	3
	Maintnace		SP3			