

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	200 Drills 200 Pull 200 Kick	600	200 Drills 200 Pull 200 Kick	600	200 Drills 200 Pull 200 Kick	600
Sprint	4 x 25 IM all out sprint from blocks + 25 Easy	200	4 x 25 IM all out sprint from blocks + 25 Easy	200	4 x 25 IM all out sprint from blocks + 25 Easy	200
	10 x 50 Free on 1:15 [5 push ups at a deep end swimmers start every 10 sec.]	500	10 x 50 Free on 1:15 [5 push ups at a deep end swimmers start every 10 sec.]	500	10 x 50 Free on 1:15 [5 push ups at a deep end swimmers start every 10 sec.]	500
	100 Easy	100	100 Easy	100	100 Easy	100
Main S.	2 x [4 x 200 Each Stroke on 3:30]	1600	2 x [4 x 200 Each Stroke on 3:30 First 200 - one arm fly]	1600	2 x [4 x 150 Each Stroke on 3:30 No Fly]	1200
	100 Esay between setes	200	100 Esay between setes	200	100 Esay between setes	200
Pull	2 x [10 x 50 Pull on 0:50 alternate 50 Free, 50 Back]	1000	2 x [8 x 50 Pull on 1:00 alternate 50 Free, 50 Back]	800	2 x [7 x 50 Pull on 1:05 alternate 50 Free, 50 Back]	700
	100 Easy between sets	200	100 Easy between sets	200	100 Easy between sets	200
Drills	3 x 200 Catch up	600	3 x 150 Catch up	450	4 x 100 Catch up	400
	100 Easy	100	100 Easy	100	100 Easy	100
Total		5100		4750		4200
Total Check :		5100	% of Total workout :			
	Primary		EN1/EN2		WEEK :	4
	Secondary		EN3		DAY :	1
	Maintnance		SP3			