

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	400 Drills 200 Kick 200 Pull	800	300 Drills 200 Kick 200 Pull	700	300 Drills 100 Kick 100 Pull	500
Kick	6 x 25 Kick on 0:45 [Back rotate shoulders up every 6 kicks] 6 x 25 Kick on 0:45 [Free silent kick]	300	6 x 25 Kick on 0:45 [Back rotate shoulders up every 6 kicks] 6 x 25 Kick on 0:45 [Free silent kick]	300	6 x 25 Kick on 0:45 [Back rotate shoulders up every 6 kicks] 6 x 25 Kick on 0:45 [Free silent kick]	300
	100 Easy	100	100 Easy	100	100 Easy	100
Main S.	8 x 100 Choice on 2:15 [alternate 25 Swim + 25 Kick]	800	8 x 100 Choice on 2:30 [alternate 25 Swim + 25 Kick]	800	7 x 100 Choice on 2:50 [alternate 25 Swim + 25 Kick]	700
	100 Easy	100	100 Easy	100	100 Easy	100
Drills	8 x 100 Drills Odd - Drill of choice Even - Free catch up	800	8 x 100 Drills Odd - Drill of choice Even - Free catch up	800	8 x 100 Drills Odd - Drill of choice Even - Free catch up	800
	100 Easy	100	100 Easy	100	100 Easy	100
Pull	12 x 75 Free Pull on 1:15 [Last 25 the fast]	900	10 x 75 Free Pull on 1:30 [Last 25 the fast]	750	8 x 75 Free Pull on 1:45 [Last 25 the fast]	600
W.D.	100 Easy	100	100 Easy	100	100 Easy	100
Total		4000		3750		3300
Total Check :		4000	% of Total workout :			
	Primary		EN1/EN2		WEEK :	5
	Secondary		EN3		DAY :	7
	Maintnance		SP3	*this workout can be changed without previous notification		