

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	4 x 100 IM Swim 4 x 100 IM Kick	800	4 x 100 IM Swim 3 x 100 IM Kick	700	3 x 100 IM Swim 3 x 100 IM Kick	600
Kick	20 x 25 Kick on 1:00  100 Easy	500  100	20 x 25 Choice on 1:00  100 Easy	500  100	20 x 25 Choice on 1:00  100 Easy	500  100
Main S.	4 x 600 Free on 8:00  100 Easy	2400  100	4 x 500 Free on 8:00  100 Easy	2000  100	4 x 400 Free on 8:00  100 Easy	1600  100
Hypox.	12 x 50 Free Hypox. On 1:05	600	10 x 50 Free Hypox. On 1:10	600	9 x 50 Free on 1:15	450
W.D.	100 Easy	100	100 Easy	100	100 Easy	100
<b>Total</b>		<b>4600</b>		<b>4100</b>		<b>3450</b>
<b>Total Check :</b>		<b>4600</b>	<b>% of Total workout :</b>			
	Primary		EN1		WEEK :	1
	Secondary		EN2		DAY :	1
	Maintnance		SP3			