

	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
	3 x [4 x 50 Kick Choice on 1:00]	600	3 x [4 x 50 Kick Choice on 1:05]	600	3 x [3 x 50 Kick Choice on 1:20]	450
	50 Easy between sets	150	50 Easy between sets	150	50 Easy between sets	150
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.	150 Easy	150	150 Easy	150	150 Easy	150
Total		4400		4300		3600
Total Check :		4400	% of Total workout :			
	Primary		EN1		WEEK :	3
	Secondary		EN2		DAY :	3
	Maintnance		SP3			