

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	800 Free	800	700 Free	700	600 Free	500
Sprint	8 x 25 Kick on 0:50 [25 all out + 25 easy]	200	8 x 25 Kick on 0:50 [25 all out + 25 easy]	200	8 x 25 Kick on 0:50 [25 all out + 25 easy]	200
	8 x 25 Choice on 0:45 [25 all out + 25 easy]	200	8 x 25 Choice on 0:45 [25 all out + 25 easy]	200	8 x 25 Choice on 0:45 [25 all out + 25 easy]	200
	100 Esay	100	100 Esay	100	100 Esay	100
Main S.	2 x [10 x 100 Free Pull on 1:30] Two 104 - 107 of Treshold Two Build starting very slow	2000	2 x [8 x 100 Free Pull on 1:50] Two 104 - 107 of Treshold Two Build starting very slow	1600	2 x [7 x 100 Free Pull on 2:00] Two 104 - 107 of Treshold Two Build starting very slow	1400
	100 Easy between sets	200	100 Easy between sets	200	100 Easy between sets	200
Kick	12 x 50 Kick on 1:15 [Fast from the wall]	600	12 x 50 Kick on 1:15 [Fast from the wall]	600	12 x 50 Kick on 1:15 [Fast from the wall]	600
W.D.	100 Esay	100	100 Esay	100	100 Esay	100
Total		4200		3700		3300
Total Check :		4200	% of Total workout :			
	Primary		EN1/EN2		WEEK :	6
	Secondary		EN3		DAY :	7
	Maintnance		SP3			