

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	8 x 100 IM	800	7 x 100 IM	800	6 x 100 IM	600
Sprint	16 x 25 Choice on 0:50 [12.5 all out + 12.5 easy]	400	16 x 25 Choice on 0:50 [12.5 all out + 12.5 easy]	400	16 x 25 Choice on 0:50 [12.5 all out + 12.5 easy]	400
	100 Easy	100	100 Easy	100	100 Easy	100
Kick	10 x 50 Kick on 1:15 Odd - Fly Even - Breast	500	10 x 50 Kick on 1:15 Odd - Fly Even - Breast	500	10 x 50 Kick on 1:15 Odd - Fly Even - Breast	500
	100 Easy	100	100 Easy	100	100 Easy	100
Main S.	2 x [3 x 400 Choice on 6:15] Desc. 1 - 3	2400	2 x [3 x 400 Choice on 7:00] Desc. 1 - 3	2400	2 x [3 x 300 Choice on 7:00] Desc. 1 - 3	1800
	100 Easy between sets	200	100 Easy between sets	200	100 Easy between sets	200
Hypox.	16 x 25 Free on 0:45 Odd - no breath Even - one breath	400	16 x 25 Free on 0:45 Odd - one breath Even - one breath	400	16 x 25 Free on 0:45 Odd - one breath Even - two breaths	400
	100 Easy	100	100 Easy	100	100 Easy	100
Total		5000		5000		4200
Total Check :		5000	% of Total workout :			
	Primary		EN1/EN2		WEEK :	7
	Secondary		EN3		DAY :	1
	Maintnance		SP3			