

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	2 x 400 IM	800	2 x 400 IM	800	3 x 200 IM	600
Sprint	8 x 25 Choice on 0:45 Odd - Fast Even - Easy	200	8 x 25 Choice on 0:45 Odd - Fast Even - Easy	200	8 x 25 Choice on 0:45 Odd - Fast Even - Easy	200
Main S.	3 x [8 x 50 Choice on 1:15] Odd - Easy Even - Fast	1200	3 x [8 x 50 Choice on 1:15] Odd - Easy Even - Fast	1200	3 x [8 x 50 Choice on 1:15] Odd - Easy Even - Fast	1200
	100 Easy between sets	300	100 Easy between sets	300	100 Easy between sets	300
Pull	16 x 50 Pull on 1:00 Desc. 1 - 4	800	14 x 50 Pull on 1:10 Desc. 1 - 4	700	12 x 50 Pull on 1:20 Desc. 1 - 4	600
Kick	16 x 50 Kick on 1:10 Desc. 1 - 4	800	14 x 50 Kick on 1:20 Desc. 1 - 4	700	12 x 50 Kick on 1:30 Desc. 1 - 4	600
W.D.	100 Easy	100	100 Easy	100	100 Easy	100
Total		4200		4000		3600
Total Check :		4200	% of Total workout :			
	Primary		EN1/SP1/SP2		WEEK :	13
	Secondary		SP3		DAY :	7
	Maintenance		EN2			