

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	2 x 400 IM	800	2 x 400 IM	800	2 x 300 IM No Fly	600
Sprint	10 x 25 Fly on 0:50	250	10 x 25 Fly on 0:50	250	10 x 25 Fly on 0:50	250
	100 Esay	100	100 Esay	100	100 Esay	100
	10 x 25 Choice Build on 0:50	250	10 x 25 Choice Build on 0:50	250	10 x 25 Choice Build on 0:50	250
	100 Esay	100	100 Esay	100	100 Esay	100
Main S.	3 x [6 x 100 Choice on 2:00 Desc. 1 - 3]	1800	3 x [6 x 100 Choice on 2:00 Desc. 1 - 3]	1800	3 x [6 x 75 Choice on 2:00 Desc. 1 - 3] 100% Treshold	1350
Pull	2 x 400 Pull Free	800	2 x 300 Pull Free	600	2 x 250 Pull Free	500
Kick	2 x [8 x 50 Kick on 1:15] Alt. Fly/Free every 25	800	2 x [8 x 50 Kick on 1:15] Alt. Fly/Free every 25	800	2 x [8 x 50 Kick on 1:15] Alt. Fly/Free every 25	800
W.D.	100 Easy	100	100 Easy	100	100 Easy	100
Total		5000		4800		4050
Total Check :		5000	% of Total workout :			
	Primary		EN1/SP1/SP2		WEEK :	14
	Secondary		SP3		DAY :	7
	Maintnance		EN2			