

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	300 Swim 300 Kick 300 Pull	900	300 Swim 200 Kick 300 Pull	800	200 Swim 200 Kick 200 Pull	600
Sprint	2 x [8 x 25 Choice on 1:00] Alt. Swim/Kick every 25	400	2 x [8 x 25 Choice on 1:00] Alt. Swim/Kick every 25	400	2 x [8 x 25 Choice on 1:00] Alt. Swim/Kick every 25	400
	100 Easy	100	100 Easy	100	100 Easy	100
Kick	10 x 50 Kick Free on 1:10 Desc. 1 - 3, 4 - 5 silent kick	500	10 x 50 Kick Free on 1:15 Desc. 1 - 3, 4 - 5 silent kick	500	8 x 50 Kick Free on 1:20 Desc. 1 - 3, 4 silent kick	400
Pull	10 x 50 Choice Pull on 0:50 Desc. 1 - 3, 4 - 5 silent swim	500	10 x 50 Choice Pull on 1:00 Desc. 1 - 3, 4 - 5 silent swim	500	8 x 50 Choice Pull on 1:10 Desc. 1 - 3, 4 silent swim	400
	100 Easy	100	100 Easy	100	100 Easy	100
Main S.	2 x [6 x 100 Choice on 1:30] Desc. 1 - 3	1200	2 x [6 x 100 Choice on 2:00] Desc. 1 - 3	1200	2 x [6 x 75 Choice on 1:30] Desc. 1 - 3	900
	100 Easy between sets	200	100 Easy between sets	200	100 Easy between sets	200
Hypox.	400 Hypox. Free	400	300 Hypox. Free	300	300 Hypox. Free	300
	100 Easy	100	100 Easy	100	100 Easy	100
Total		4400		4200		3500
Total Check :		4400	% of Total workout :			
	Primary		EN1/EN2		WEEK :	16
	Secondary		EN3		DAY :	1
	Maintenance		SP3			