

	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	12 x 50 Kick on 1:15 Odd - Free Even - Back	600	12 x 50 Kick on 1:15 Odd - Free Even - Back	600	12 x 50 Kick on 1:15 Odd - Free Even - Back	600
	100 Easy	100	100 Easy	100	100 Easy	100
Main S.	2 x [3 x 400 Choice on 6:00] Desc. 1 - 3	2400	2 x [3 x 400 Choice on 6:45] Desc. 1 - 3	2400	2 x [3 x 300 Choice on 6:45] Desc. 1 - 3	1800
	100 Easy between sets	200	100 Easy between sets	200	100 Easy between sets	200
Hypox.	16 x 25 Hypox. on 0:45 Odd - Free no breath Even - underwater Free kick	400	16 x 25 Free on 0:45 Odd - Free no breath Even - underwater Free kick	400	16 x 25 Free on 0:45 Odd - Free no breath Even - underwater Free kick	400
	100 Easy	100	100 Easy	100	100 Easy	100
Total		5100		5100		4300
Total Check :		5100	% of Total workout :			
	Primary		EN1/EN2		WEEK :	17
	Secondary		EN3		DAY :	1
	Maintenance		SP3			