

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	3 x 300 IM no Fly	900	3 x 300 IM no Fly	900	3 x 200 IM no Fly, 100 Free	600
Sprint	8 x 25 Free Build on 0:50	200	8 x 25 Free Build on 0:50	200	8 x 25 Free Build on 0:50	200
	100 Esay	100	100 Esay	100	100 Esay	100
	8 x 25 Choice Build on 1:00	200	8 x 25 Choice Build on 1:00	200	8 x 25 Choice Build on 1:00	200
	100 Esay	100	100 Esay	100	100 Esay	100
Main S.	2 x [2800	2 x [2600	2 x [2000
	2 x 50 Choice on 1:00		2 x 50 Choice on 1:10		2 x 50 Choice on 1:15	
	2 x 100 Choice on 1:50		2 x 100 Choice on 2:00		2 x 75 Choice on 1:50	
	1 x 200 Choice on 3:15		1 x 200 Choice on 3:30		1 x 150 Choice on 3:15	
1 x 400 Choice on 6:30		1 x 300 Choice on 4:30		1 x 200 Choice on 4:00		
1 x 200 Choice on 3:15		1 x 200 Choice on 3:30		1 x 150 Choice on 3:15		
2 x 100 Choice on 1:50		2 x 100 Choice on 2:00		2 x 75 Choice on 1:50		
2 x 50 Choice on 1:00		2 x 50 Choice on 1:10		2 x 50 Choice on 1:15		
]]]		
	100 Easy between sets	200	100 Easy between sets	200	100 Easy between sets	200
Kick	12 x 50 Kick on 1:15 [25 Fast + 25 Silent Kick]	600	12 x 50 Kick on 1:15 [25 Fast + 25 Silent Kick]	600	12 x 50 Kick on 1:15 [25 Fast + 25 Silent Kick]	600
W.D.	100 Esay	100	100 Esay	100	100 Esay	100
Total		5200		5000		4100
Total Check :		5200	% of Total workout :			
	Primary		EN1/EN2		WEEK :	17
	Secondary		EN3		DAY :	7
	Maintnance		SP3			