

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	400 Drills 400 Free [breath every 4th]	800	300 Drills 300 Free [breath every 4th]	600	300 Drills 300 Free [breath every 4th]	600
Sprint	8 x 25 IM on 0:45 [ 10 All out + 15 easy]	200	8 x 25 IM on 0:45 [ 10 All out + 15 easy]	200	8 x 25 IM on 0:45 [ 10 All out + 15 easy]	200
Kick	8 x 25 IM Kick on 0:50 [ Fast solid kick ]	200	8 x 25 IM Kick on 0:50 [ Fast solid kick ]	200	8 x 25 IM Kick on 0:50 [ Fast solid kick ]	200
	100 Easy	100	100 Easy	100	100 Easy	100
Main S.	4 x [ 5 x 100 Choice on 1:30 ] Desc. 1-5	2000	4 x [ 5 x 75 Choice on 1:30 ] Desc. 1-5	1500	4 x [ 5 x 75 Choice on 1:30 ] Desc. 1-5	1500
	100 Easy between sets	400	100 Easy between sets	400	100 Easy between sets	400
Pull	2 x 500 Free Pull on 7:30 Frist average Second hard	1000	2 x 400 Free Pull on 7:30 Frist average Second hard	800	2 x 300 Free Pull on 7:30 Frist average Second hard	600
W.D.	200 Easy	200	200 Easy	200	200 Easy	200
<b>Total</b>		<b>4900</b>		<b>4000</b>		<b>3800</b>
<b>Total Check :</b>		<b>4900</b>	<b>% of Total workout :</b>			
	Primary		EN3 / SP1		WEEK :	20
	Secondary		SP2 / SP3		DAY :	5
	Maintnance		EN1 / EN2 / REC			