

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	4 x 100 IM Swim 4 x 100 IM Kick	800	4 x 100 IM Swim 3 x 100 IM Kick	700	3 x 100 IM Swim 3 x 100 IM Kick	600
Sprint	20 x 25 Choice on 1:00 All out	500	20 x 25 Choice on 1:00 All out	500	20 x 25 Choice on 1:00 All out	500
	100 Easy	100	100 Easy	100	100 Easy	100
Main S.	4 x 400 Free on 6:00 Desc. 1 - 4	1600	4 x 300 Free on 6:00 Desc. 1 - 4	1200	4 x 300 Free on 6:00 Desc. 1 - 4	1200
	100 Easy		100 Easy	100	100 Easy	100
Kick	2 x [10 x 50 Choice on 1:15]	1000	2 x [8 x 50 Choice on 1:20]	800	2 x [7 x 50 Choice on 1:20]	700
	100 Easy between sets	200	100 Easy between sets	200	100 Easy between sets	200
Hypox.	600 Hypox.	600	500 Hypox.	500	400 Hypox.	400
W.D.	100 Easy	100	100 Easy		100 Easy	100
Total		4900		4100		3900
Total Check :		4900	% of Total workout :			
	Primary		EN3 / SP1		WEEK :	20
	Secondary		SP2 / SP3		DAY :	7
	Maintenance		EN1 / EN2 / REC			