

	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	16 x 25 on 0:45 Odd - All out Choice Even - Kick Choice	400	16 x 25 on 0:45 Odd - All out Choice Even - Kick Choice	400	16 x 25 on 0:45 Odd - All out Choice Even - Kick Choice	400
	100 Easy	100	100 Easy	100	100 Easy	100
Main S.	2 x [10 x 100 Choice on 1:45] Desc. 1-5	2000	2 x [10 x 75 Choice on 1:45] Desc. 1-5	1500	2 x [10 x 75 Choice on 1:45] Desc. 1-5	1500
	100 Easy between sets	200	100 Easy between sets	200	100 Easy between sets	200
Pull	2 x 400 Free Pull on 6:30 Frist average Second hard	800	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
Total		4500		3800		3600
Total Check :		4500	% of Total workout :			
	Primary		EN3 / SP1		WEEK :	42
	Secondary		SP2 / SP3		DAY :	5
	Maintnance		EN1 / EN2 / REC			