

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	300 Swim 300 Kick 300 Pull	900	300 Swim 200 Kick 300 Pull	800	200 Swim 200 Kick 200 Pull	600
Sprint	2 x [ 8 x 25 Choice build on 1:00 ]	400	2 x [ 8 x 25 Choice build on 1:00 ]	400	2 x [ 8 x 25 Choice build on 1:00 ]	400
	100 Easy	100	100 Easy	100	100 Easy	100
Kick	10 x 50 Kick Free on 1:10	500	10 x 50 Kick Free on 1:15	500	8 x 50 Kick Free on 1:20	400
Pull	16 x 50 Choice Pull on 0:50	800	14 x 50 Choice Pull on 1:00	700	12 x 50 Choice Pull on 1:10	600
	100 Easy	100	100 Easy	100	100 Easy	100
Main S.	3 x [ 6 x 100 Choice on 1:45 ] Desc. 1 - 3	1800	3 x [ 6 x 100 Choice on 2:00 ] Desc. 1 - 3	1800	3 x [ 6 x 75 Choice on 1:45 ] Desc. 1 - 3	1350
	100 Easy between sets	300	100 Easy between sets	300	100 Easy between sets	300
Hypox.	600 Hypox. Free	600	500 Hypox. Free	500	400 Hypox. Free	400
	100 Easy	100	100 Easy	100	100 Easy	100
<b>Total</b>		<b>5600</b>		<b>5300</b>		<b>4350</b>
<b>Total Check :</b>		<b>5600</b>	<b>% of Total workout :</b>			
	Primary		EN1/EN2		WEEK :	6
	Secondary		EN3		DAY :	1
	Maintnance		SP3	*this workout can be changed without previous notification		