

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	8 x 100 IM	800	7 x 100 IM	800	6 x 100 IM	600
Sprint	16 x 25 Choice on 0:50 [ 12.5 all out + 12.5 easy ]	400	16 x 25 Choice on 0:50 [ 12.5 all out + 12.5 easy ]	400	16 x 25 Choice on 0:50 [ 12.5 all out + 12.5 easy ]	400
	100 Easy	100	100 Easy	100	100 Easy	100
Kick	10 x 50 Kick on 1:15 Odd - Fly Even - Breast	500	10 x 50 Kick on 1:15 Odd - Fly Even - Breast	500	10 x 50 Kick on 1:15 Odd - Fly Even - Breast	500
	100 Easy	100	100 Easy	100	100 Easy	100
Main S.	2 x [ 3 x 400 Choice on 6:15 ] Desc. 1 - 3	2400	2 x [ 3 x 400 Choice on 7:00 ] Desc. 1 - 3	2400	2 x [ 3 x 300 Choice on 7:00 ] Desc. 1 - 3	1800
	100 Easy between sets	200	100 Easy between sets	200	100 Easy between sets	200
Hypox.	16 x 25 Free on 0:45 Odd - no breath Even - one breath	400	16 x 25 Free on 0:45 Odd - one breath Even - one breath	400	16 x 25 Free on 0:45 Odd - one breath Even - two breaths	400
	100 Easy	100	100 Easy	100	100 Easy	100
<b>Total</b>		<b>5000</b>		<b>5000</b>		<b>4200</b>
<b>Total Check :</b>		<b>5000</b>	<b>% of Total workout :</b>			
	Primary		EN1/EN2		WEEK :	7
	Secondary		EN3		DAY :	1
	Maintnance		SP3			