

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	2 x 400 IM	800	2 x 400 IM	800	3 x 200 IM	600
Sprint	8 x 25 Choice on 0:45 Odd - Fast Even - Easy	200	8 x 25 Choice on 0:45 Odd - Fast Even - Easy	200	8 x 25 Choice on 0:45 Odd - Fast Even - Easy	200
Main S.	4 x [ 8 x 50 Choice on 1:15 ] Odd - Easy Even - Fast	1600	4 x [ 8 x 50 Choice on 1:15 ] Odd - Easy Even - Fast	1600	4 x [ 8 x 50 Choice on 1:15 ] Odd - Easy Even - Fast	1600
	100 Easy between sets	400	100 Easy between sets	400	100 Easy between sets	400
Pull	16 x 50 Pull on 1:00 Desc. 1 - 4	800	14 x 50 Pull on 1:10 Desc. 1 - 4	700	12 x 50 Pull on 1:20 Desc. 1 - 4	600
Kick	16 x 50 Kick on 1:10 Desc. 1 - 4	800	14 x 50 Kick on 1:20 Desc. 1 - 4	700	12 x 50 Kick on 1:30 Desc. 1 - 4	600
W.D.	100 Easy	100	100 Easy	100	100 Easy	100
<b>Total</b>		<b>4700</b>		<b>4500</b>		<b>4100</b>
<b>Total Check :</b>		<b>4700</b>	<b>% of Total workout :</b>			
	Primary		EN1/SP1/SP2		WEEK :	13
	Secondary		SP3		DAY :	7
	Maintnance		EN2			