

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	800 Free	800	700 Free	700	600 Free	500
Sprint	8 x 25 Kick on 0:50 [25 all out + 25 easy]	200	8 x 25 Kick on 0:50 [25 all out + 25 easy]	200	8 x 25 Kick on 0:50 [25 all out + 25 easy]	200
	8 x 25 Choice on 0:45 [25 all out + 25 easy]	200	8 x 25 Choice on 0:45 [25 all out + 25 easy]	200	8 x 25 Choice on 0:45 [25 all out + 25 easy]	200
	100 Easy	100	100 Easy	100	100 Easy	100
Main S.	3 x [10 x 100 Free Pull on 1:30] Odd -104 - 107 of Treshold Even -Build starting very slow	3000	3 x [8 x 100 Free Pull on 1:50] Odd -104 - 107 of Treshold Even -Build starting very slow	2400	3 x [7 x 100 Free Pull on 2:00] Odd -104 - 107 of Treshold Even -Build starting very slow	2100
	100 Easy between sets	300	100 Easy between sets	300	100 Easy between sets	300
Kick	12 x 50 Kick on 1:15 [Fast from the wall]	600	12 x 50 Kick on 1:15 [Fast from the wall]	600	12 x 50 Kick on 1:15 [Fast from the wall]	600
W.D.	100 Easy	100	100 Easy	100	100 Easy	100
Total		5300		4600		4100
Total Check :		5300	% of Total workout :			
	Primary		EN1/EN2		WEEK :	16
	Secondary		EN3		DAY :	7
	Maintnance		SP3			