

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	4 x 200 IM	800	3 x 200 IM	600	3 x 200 IM	600
Kick	16 x 25 Kick on 1:00 [12.5 All out + 12.5 Easy]	400	16 x 25 Kick on 1:00 [12.5 All out + 12.5 Easy]	400	16 x 25 Kick on 1:00 [12.5 All out + 12.5 Easy]	400
	100 Easy	100	100 Easy	100	100 Easy	100
Sprint	8 x 25 Choice build on 0:45	200	8 x 25 Choice build on 0:45	200	8 x 25 Choice build on 0:45	200
	100 Easy	100	100 Easy	100	100 Easy	100
Main S.	3 x [ 9 x 50 Choice on 1:00 ] Easy, Easy, Fast	1350	3 x [ 9 x 50 Choice on 1:00 ] Easy, Easy, Fast	1350	3 x [ 9 x 50 Choice on 1:00 ] Easy, Easy, Fast	1350
	100 Easy between sets	300	100 Easy between sets	300	100 Easy between sets	300
Pull	600 Pull Free	600	600 Pull Free	600	600 Pull Free	600
W.D.	150 Easy	150	150 Easy	150	150 Easy	150
<b>Total</b>		<b>4000</b>		<b>3800</b>		<b>3800</b>
<b>Total Check :</b>		<b>4000</b>	<b>% of Total workout :</b>			
	Primary		EN3 / SP1		WEEK :	20
	Secondary		SP2 / SP3		DAY :	3
	Maintenance		EN1 / EN2 / REC			