

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	800 W.U. Choice	800	700 W.U. Choice	700	600 W.U. Choice	600
Kick	12 x 25 kick on 0:40 1,2,3 - medium 4 - sprint all out	300	12 x 25 kick on 0:40 1,2,3 - medium 4 - sprint all out	300	12 x 25 kick on 0:40 1,2,3 - medium 4 - sprint all out	300
Drills	400 Catch up. No breath after turn	400	400 Catch up. No breath after turn	400	300 Catch up. No breath after turn	300
Main S.	12 x 50 Choice on 0:55 1 - easy 2 - easy 3 - fast	600	12 x 50 Choice on 1:05 1 - easy 2 - easy 3 - fast	600	10 x 50 Choice on 1:20 1 - easy 2 - easy 3 - fast	500
	100 easy	100	100 easy	100	100 easy	100
	12 x 100 Choice on 1:45 1 - easy 2 - easy 3 - fast	1200	10x 100 Choice on 2:10 1 - easy 2 - easy 3 - fast	1000	10 x 100 Choice on 2:40 1 - easy 2 - easy 3 - fast	1000
	100 easy	100	100 easy	100	100 easy	100
Time T.	100 or 200 Choice : race pace	200	100 or 200 Choice : race pace	200	100 or 200 Choice : race pace	200
W.D.	200 Warm down	200	200 Warm down	200	200 Warm down	200
Total		3900		3600		3300
Total Check :		3900	% of Total workout :			
	Primary		SP1/SP2		WEEK :	27
	Secondary		SP3		DAY :	3
	Maintnance		EN1 / EN2 / REC			