

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	2 x 400 IM	800	2 x 400 IM	800	2 x 300 IM No Fly	600
Sprint	10 x 25 Fly on 0:50	250	10 x 25 Fly on 0:50	250	10 x 25 Fly on 0:50	250
	100 Easy	100	100 Easy	100	100 Easy	100
	10 x 25 Choice Build on 0:50	250	10 x 25 Choice Build on 0:50	250	10 x 25 Choice Build on 0:50	250
	100 Easy	100	100 Easy	100	100 Easy	100
Main S.	2 x [ 6 x 100 Choice on 2:00 Desc. 1 - 3 ]	1200	2 x [ 6 x 100 Choice on 2:00 Desc. 1 - 3 ]	1200	2 x [ 6 x 75 Choice on 2:00 Desc. 1 - 3 ]	900
Pull	2 x 400 Pull Free / Optional	800	2 x 300 Pull Free / Optional	600	2 x 250 Pull Free / Optional	500
Kick	8 x 50 Kick on 1:15 Alt. Fly/Free every 25	400	8 x 50 Kick on 1:15 Alt. Fly/Free every 25	400	8 x 50 Kick on 1:15 Alt. Fly/Free every 25	400
W.D.	100 Easy	100	100 Easy	100	100 Easy	100
<b>Total</b>		<b>4000</b>		<b>3800</b>		<b>3200</b>
<b>Total Check :</b>		<b>4000</b>	<b>% of Total workout :</b>			
	Primary		EN1/SP1/SP2		WEEK :	35
	Secondary		SP3		DAY :	7
	Maintnance		EN2			