

	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.	2 x [ 10 x 100 Free Pull on 1:30 ] Odd -104 - 107 of Treshold Even -Build starting very slow	2000	2 x [ 8 x 100 Free Pull on 1:50 ] Odd -104 - 107 of Treshold Even -Build starting very slow	1600	2 x [ 7 x 100 Free Pull on 2:00 ] Odd -104 - 107 of Treshold Even -Build starting very slow	1400
	100 Easy between sets	200	100 Easy between sets	200	100 Easy between sets	200
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
<b>Total</b>		<b>4200</b>		<b>3700</b>		<b>3300</b>
<b>Total Check :</b>		<b>4200</b>	<b>% of Total workout :</b>			
	Primary		EN1/EN2		WEEK :	37
	Secondary		EN3		DAY :	7
	Maintnance		SP3			