

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	4 x 200 IM	800	4 x 200 IM	800	3 x 200 IM	600
Kick	8 x 25 Kick on 0:45 10 m all out	200	8 x 25 Kick on 0:45 10 m all out	200	8 x 25 Kick on 0:45 10 m all out	200
Drill	10 x 50 Free on 1:15 Flip turn and jump on shallow end before the wall	500	10 x 50 Free on 1:15 Flip turn and jump on shallow end before the wall	500	10 x 50 Free on 1:15 Flip turn and jump on shallow end before the wall	500
	16 x 25 on 0:50 Odd - Arms Breast + Kick Fly Even - Free	400	16 x 25 on 0:50 Odd - Arms Breast + Kick Fly Even - Free	400	16 x 25 on 0:50 Odd - Arms Breast + Kick Fly Even - Free	400
Main S.	100 Easy	100	100 Easy	100	100 Easy	100
	2 x [ 5 x 200 Choice on 3:30 ] Desc. 1 - 5	2000	2 x [ 4 x 200 Choice on 4:00 ] Desc. 1 - 4	1600	2 x [ 5 x 150 Choice on 3:30 ] Desc. 1 - 5	1500
	100 Easy between sets	200	100 Easy between sets	200	100 Easy between sets	200
Pull	600 Pull Free	600	600 Pull Free	600	600 Pull Free	600
W.D.	100 Easy	100	100 Easy	100	100 Easy	100
<b>Total</b>		<b>4900</b>		<b>4500</b>		<b>4200</b>
<b>Total Check :</b>		<b>4900</b>	<b>% of Total workout :</b>			
	Primary		EN1/EN2		WEEK :	4
	Secondary		EN3		DAY :	3
	Maintnance		SP3		*this workout can be changed without previous Jake notification	