

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	4 x 200 IM 100 Kick Back	900	3 x 200 IM 100 Kick Back	700	3 x 200 IM 100 Kick Back	700
Kick	16 x 50 Kick Free on 1:15 [Silent Kick]	800	16 x 50 Kick Free on 1:15 [Silent Kick]	800	14 x 50 Kick Free on 1:25 [Silent Kick]	800
	100 Easy	100	100 Easy	100	100 Easy	100
Sprint	16 x 25 IM on 0:45 Desc. 1 - 4	400	16 x 25 IM on 0:45 Desc. 1 - 4	400	16 x 25 IM on 0:45 Desc. 1 - 4	400
Main S.	25 x 100 Choice on 1:45 Desc. 1 - 5	2500	20 x 100 Choice on 2:10 Desc. 1 - 5	2000	16 x 100 Choice on 2:45 Desc. 1 - 5	1600
	100 Easy	100	100 Easy	100	100 Easy	100
Drills	20 x 25 on 0:50 Odd - Breast, 3 strokes up, 3 under Even - Free	500	20 x 25 on 0:50 Odd - Breast, 3 strokes up, 3 under Even - Free	500	20 x 25 on 0:50 Odd - Breast, 3 strokes up, 3 under Even - Free	500
W.D.	100 Easy	100	100 Easy	100	100 Easy	100
Total		5400		4700		4300
Total Check :		5400	% of Total workout :			
	Primary		EN1/EN2		WEEK :	4
	Secondary		EN3		DAY :	7
	Maintnance		SP3	*this workout can be changed without previous notification		