

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	300 Swim 300 Kick 300 Pull	900	300 Swim 200 Kick 300 Pull	800	200 Swim 200 Kick 200 Pull	600
Sprint	8 x 25 Choice build on 1:00	200	8 x 25 Choice build on 1:00	200	8 x 25 Choice build on 1:00	200
	100 Easy	100	100 Easy	100	100 Easy	100
Kick	8 x 50 Kick Free on 1:20	400	8 x 50 Kick Free on 1:20	400	8 x 50 Kick Free on 1:20	400
	100 Easy	100	100 Easy	100	100 Easy	100
Main S.	3 x [6 x 100 Choice on 2:15] Desc. 1 - 3	1800	3 x [6 x 100 Choice on 2:15] Desc. 1 - 3	1800	3 x [6 x 75 Choice on 2:15] Desc. 1 - 3	1350
	100 Easy between sets	300	100 Easy between sets	300	100 Easy between sets	300
	1000 Free	1000	800 Free	800	600 Free	600
Pull	10 x 50 Choice Pull on 0:50	500	10 x 50 Choice Pull on 1:00	500	8 x 50 Choice Pull on 1:10	400
	100 Easy	100	100 Easy	100	100 Easy	100
Total		5400		5100		4150
Total Check :		5400	% of Total workout :			
	Primary		EN1/EN2		WEEK :	6
	Secondary		EN3		DAY :	1
	Maintnance		SP3			