

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	6 x 100 IM	600	5 x 100 IM	500	4 x 100 IM	600
Sprint	16 x 25 Choice on 0:50 [12.5 all out + 12.5 easy]	400	16 x 25 Choice on 0:50 [12.5 all out + 12.5 easy]	400	16 x 25 Choice on 0:50 [12.5 all out + 12.5 easy]	400
	100 Easy	100	100 Easy	100	100 Easy	100
Kick	6 x 50 Kick on 1:15 Odd - Fly Even - Breast	300	6 x 50 Kick on 1:15 Odd - Fly Even - Breast	300	6 x 50 Kick on 1:15 Odd - Fly Even - Breast	300
	100 Easy	100	100 Easy	100	100 Easy	100
Main S.	3 x 400 Choice on 7:00 Desc. 1 - 3	1200	3 x 400 Choice on 7:00 Desc. 1 - 3	1050	3 x 400 Choice on 7:00 Desc. 1 - 3	900
	100 Easy	100	100 Easy	100	100 Easy	100
Hypox.	16 x 25 Free on 0:45 Odd - no breath Even - one breath	400	16 x 25 Free on 0:45 Odd - one breath Even - one breath	400	16 x 25 Free on 0:45 Odd - one breath Even - two breaths	400
	100 Easy	100	100 Easy	100	100 Easy	100
Total		3300		3050		3000
Total Check :		3300	% of Total workout :			
	Primary		EN1/EN2		WEEK :	7
	Secondary		EN3		DAY :	1
	Maintenance		SP3			