

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	4 x 100 IM Swim 4 x 100 IM Kick	800	4 x 100 IM Swim 3 x 100 IM Kick	700	3 x 100 IM Swim 3 x 100 IM Kick	600
Kick	20 x 25 Kick on 1:00	500	20 x 25 Choice on 1:00	500	20 x 25 Choice on 1:00	500
	100 Esay	100	100 Esay	100	100 Esay	100
Main S.	4 x 600 Free on 8:00 [95 % of Treshold]	2400	4 x 500 Free on 8:00 [95 % of Treshold]	2000	4 x 400 Free on 8:00 [95 % of Treshold]	1600
	100 Esay	100	100 Esay	100	100 Esay	100
Hypox.	600 Hypox.	600	500 Hypox.	500	400 Hypox.	400
W.D.	100 Easy	100	100 Easy	100	100 Easy	100
Total		4600		4000		3400
Total Check :		4600	% of Total workout :			
	Primary		EN1		WEEK :	1
	Secondary		EN2		DAY :	7
	Maintnance		SP3			