

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	300 Swim 300 Kick 300 Pull	900	200 Swim 200 Kick 200 Pull	600	200 Swim 200 Kick 200 Pull	600
Kick	6 x 100 Kick on 2:30 [alternate free/back each 25]	600	6 x 100 Kick on 2:30 [alternate free/back each 25]	600	6 x 75 Kick on 2:30 [alternate free/back each 25]	450
	100 Easy	100	100 Easy	100	100 Easy	100
Main S.	5 x 400 Free on 6:30 95% Treshold	2000	4 x 400 Free on 7:30 95% Treshold	1600	5 x 300 Free on 6:30 95% Treshold	1500
	100 Easy	100	100 Easy	100	100 Easy	100
Drill	6 x 100 Free on 2:30 Minimize number of strokes	600	5 x 100 Free on 2:45 Minimize number of strokes	500	4 x 100 Free on 3:30 Minimize number of strokes	400
W.D.	200 Easy	200	200 Easy	200	200 Easy	200
Total		4500		3700		3350
Total Check :		4500	% of Total workout :			
	Primary		EN1		WEEK :	2
	Secondary		EN2		DAY :	1
	Maintnance		SP3			