

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	400 Drills 400 Free [breath every 4th]	800	300 Drills 300 Free [breath every 4th]	600	300 Drills 300 Free [breath every 4th]	600
	8 x 25 Back on 0:45 [Long Stroke]	200	8 x 25 Back on 0:45 [Long Stroke]	200	8 x 25 Back on 0:45 [Long Stroke]	200
	8 x 25 Free on 0:50 [Long Stroke]	200	8 x 25 Free on 0:50 [Long Stroke]	200	8 x 25 Free on 0:50 [Long Stroke]	200
	100 Easy	100	100 Easy	100	100 Easy	100
Main S.	8 x 400 Free on 6:15 [95% of Treshold]	3200	8 x 350 Free on 6:15 [95% of Treshold]	2800	8 x 300 Free on 6:15 [95% of Treshold]	2400
W.D.	200 Easy	200	200 Easy	200	200 Easy	200
Total		4700		4100		3700
Total Check :		4700	% of Total workout :			
	Primary		EN1/EN2		WEEK :	3
	Secondary		EN3		DAY :	5
	Maintnance		SP3			