

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	4 x 200 IM 100 Kick Back	900	3 x 200 IM 100 Kick Back	700	3 x 200 IM 100 Kick Back	700
Kick	16 x 50 Kick Free on 1:15 [ Silent Kick ]	800	16 x 50 Kick Free on 1:15 [ Silent Kick ]	800	16 x 50 Kick Free on 1:15 [ Silent Kick ]	800
	100 Esay	100	100 Esay	100	100 Esay	100
Main S.	3 x 1000 Free on 15:00 [ 95 % of Treshold ]	3000	3 x 900 Free on 15:00 [ 95 % of Treshold ]	2700	3 x 700 Free on 15:00 [ 95 % of Treshold ]	2100
	100 Esay	100	100 Esay	100	100 Esay	100
Drills	20 x 25 on 0:50 Odd - Breast, 3 up, 3 under Even - Free	500	20 x 25 on 0:50 Odd - Breast, 3 up, 3 under Even - Free	500	20 x 25 on 0:50 Odd - Breast, 3 up, 3 under Even - Free	500
W.D.	100 Easy	100	100 Easy	100	100 Easy	100
<b>Total</b>		<b>5500</b>		<b>5000</b>		<b>4400</b>
<b>Total Check :</b>		<b>5500</b>	<b>% of Total workout :</b>			
	Primary		EN1/EN2		WEEK :	4
	Secondary		EN3		DAY :	7
	Maintnance		SP3			