

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	200 Breast 200 One arm Fly 200 Kick 100 Back	700	200 Breast 200 One arm Fly 200 Kick 100 Back	700	200 Breast 200 One arm Fly 200 Kick 100 Back	700
Sprint	4 x 25 Fly [4 strokes all out] 4 x 25 Bcak [6 strokes all out] 4 x 25 Breast [4 strokes all out] 4 x 25 Free [6 strokes all out]	600	4 x 25 Fly [4 strokes all out] 4 x 25 Bcak [6 strokes all out] 4 x 25 Breast [4 strokes all out] 4 x 25 Free [6 strokes all out]	600	4 x 25 Fly [4 strokes all out] 4 x 25 Bcak [6 strokes all out] 4 x 25 Breast [4 strokes all out] 4 x 25 Free [6 strokes all out]	600
	50 Easy between each 4		50 Easy between each 4		50 Easy between each 4	
Mian S.	4 x [4 x 150 Choice on 2:15] 100% Treshold	2400	4 x [3 x 150 Choice on 2:50] 100% Treshold	1800	4 x [4 x 100 Choice on 2:15] 100% Treshold	1600
	100 Easy between sets	400	100 Easy between sets	400	100 Easy between sets	400
Hyox.	10 x 50 Free on 1:00 [no breath first 25]	500	8 x 50 Free on 1:10 [no breath first 25]	400	8 x 50 Free on 1:15 [no breath first 25]	400
W.D.	100 Esay	100	100 Esay	100	100 Esay	100
Total		4700		4000		3800
Total Check :		4700	% of Total workout :			
	Primary		EN1/EN2		WEEK :	5
	Secondary		EN3		DAY :	5
	Maintnance		SP3			