

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	4 x 200 IM reverse order	800	4 x 200 IM reverse order	800	3 x 200 IM reverse order	600
	12 x 25 Arms Fly, Kick Free	300	12 x 25 Arms Fly, Kick Free	300	12 x 25 Arms Fly, Kick Free	300
	100 Easy	100	100 Easy	100	100 Easy	100
Main S.	2 x [5 x 200 Choice on 3:30]	2000	2 x [4 x 200 Choice on 4:15]	1600	2 x [5 x 150 Choice on 3:30]	1500
	150 - 100% Treshold + 15 sec. rest + 50 all out.		150 - 100% Treshold + 15 sec. rest + 50 all out.		125 - 100% Treshold + 15 sec. rest + 25 all out.	
	100 Easy between sets	200	100 Easy between sets	200	100 Easy between sets	200
Kick	10 x 50 Kick on 1:15 Odd - Back on the side Even - Free	500	10 x 50 Kick on 1:15 Odd - Back on the side Even - Free	500	8 x 50 Kick on 1:20 Odd - Back on the side Even - Free	400
Pull	6 x 100 Free Pull	600	5 x 100 Free Pull	500	4 x 100 Free Pull	400
W.D.	100 Easy	100	100 Easy	100	100 Easy	100
Total		4600		4100		3600
Total Check :		4600	% of Total workout :			
	Primary		EN1/EN2		WEEK :	6
	Secondary		EN3		DAY :	3
	Maintnance		SP3			