

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	6 x 100 IM 200 Kick	800	5 x 100 IM 200 Kick	700	4 x 100 IM 100 Kick	500
Sprint	10 x 25 Alt. Fly/Choice on 1:00 [12.5 all out + 12.5 easy]	250	10 x 25 Alt. Fly/Choice on 1:00 [12.5 all out + 12.5 easy]	250	10 x 25 Alt. Fly/Choice on 1:00 [12.5 all out + 12.5 easy]	250
	50 Easy	50	50 Easy	50	50 Easy	50
Main S.	2 x [6 x 150 Choice on 2:10] 104-107 of Treshold	1800	2 x [6 x 150 Choice on 2:30] 104-107 of Treshold	1800	2 x [6 x 125 Choice on 2:30] 104-107 of Treshold	1500
	100 Easy between sets	200	100 Easy between sets	200	100 Easy between sets	200
Kick	16 x 50 Kick on 1:30 Alt. Free/Back each 50	800	16 x 50 Kick on 1:30 Alt. Free/Back each 50	800	16 x 50 Kick on 1:35 Alt. Free/Back each 50	800
	100 Esay	100	100 Esay	100	100 Esay	100
Pull	2 x [6 x 50 Free Pull on 1:30] 80-90% of Maximum Speed	600	2 x [4 x 50 Free Pull on 1:40] 80-90% of Maximum Speed	400	2 x [4 x 50 Free Pull on 1:45] 80-90% of Maximum Speed	400
W.D.	100 Easy between sets	200	100 Easy between sets	200	100 Easy between sets	200
Total		4800		4500		4000
Total Check :		4800	% of Total workout :			
	Primary		EN3/SP1		WEEK :	8
	Secondary		SP2/SP3		DAY :	5
	Maintnance		EN1/EN2			