

	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	8 x 25 Alt. Free/Choice on 1:00 [12.5 all out + 12.5 easy]	200	8 x 25 Alt. Free/Choice on 1:00 [12.5 all out + 12.5 easy]	200	8 x 25 Alt. Free/Choice on 1:00 [12.5 all out + 12.5 easy]	200
	100 Esay	100	100 Esay	100	100 Esay	100
Main S.	2 x [16 x 50 Choice on 0:45] 104-107 of Treshold	1600	2 x [14 x 50 Choice on 0:55] 104-107 of Treshold	1400	2 x [12 x 50 Choice on 1:05] 104-107 of Treshold	1200
	100 Easy between sets	200	100 Easy between sets	200	100 Easy between sets	200
Kick	8 x 100 Kick Free on 2:15 Sprint 1st and 3rd 25	800	8 x 100 Kick Free on 2:15 Sprint 1st and 3rd 25	800	6 x 100 Kick Free on 2:30 Sprint 1st and 3rd 25	600
	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		4600		4100		3500
Total Check :		4600	% of Total workout :			
	Primary		EN3/SP1		WEEK :	9
	Secondary		SP2/SP3		DAY :	5
	Maintnance		EN1/EN2			