

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	4 x 200 IM	800	4 x 200 IM	800	3 x 200 IM	600
Sprint	8 x 50 Choice on 1:30 [25 all out + 25 easy]	400	8 x 50 Choice on 1:30 [25 all out + 25 easy]	400	8 x 50 Choice on 1:30 [25 all out + 25 easy]	400
	100 Esay	100	100 Esay	100	100 Esay	100
Main S.	8 x 100 Choice on 2:00 Odd - Easy Even : 90-100 of Max Speed	800	8 x 100 Choice on 2:00 Odd - Easy Even : 90-100 of Max Speed	800	6 x 100 Choice on 2:15 Odd - Easy Even : 90-100 of Max Speed	600
	100 Easy between sets	200	100 Easy between sets	200	100 Easy between sets	200
Pull	4 x 300 Pull Free on 5:00 100% Treshold	1200	4 x 250 Pull Free on 5:00 100% Treshold	1000	3 x 300 Pull Free on 6:00 100% Treshold	900
	100 Esay	100	100 Esay	100	100 Esay	100
Kick	12x 50 Easy Kick Free or Back	600	10 x 50 Easy Kick Free or Back	500	8 x 50 Easy Kick Free or Back	400
W.D.	100 Esay	100	100 Esay	100	100 Esay	100
Total		4300		4000		3400
Total Check :		4300	% of Total workout :			
	Primary		EN3/SP1		WEEK :	9
	Secondary		SP2/SP3		DAY :	7
	Maintnance		EN1/EN2			