

	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	40 x 25 Choice on 0:45 [6 strokes all out]	1000	40 x 25 Choice on 0:45 [6 strokes all out]	1000	40 x 25 Choice on 0:45 [6 strokes all out]	1000
	100 Esay	100	100 Esay	100	100 Esay	100
Main S.	2 x [4 x 50 Choice on 0:40] 90-100% of Max. Speed	400	2 x [4 x 50 Choice on 0:50] 90-100% of Max. Speed	400	2 x [4 x 50 Choice on 0:55] 90-100% of Max. Speed	400
	100 Easy between sets	200	100 Easy between sets	200	100 Easy between sets	200
Kick	8 x 100 Kick Free on 2:15	800	8 x 100 Kick Free on 2:15	800	6 x 100 Kick Free on 2:30	600
	100 Esay	100	100 Esay	100	100 Esay	100
Hypox.	12 x 50 Free Pull on 1:00 [25 no breath + 25 easy]	600	12 x 50 Free Pull on 1:00 [25 one breath + 25 easy]	600	12 x 50 Free Pull on 1:00 [two breaths each]	600
W.D.	100 Easy between sets	200	100 Easy between sets	200	100 Easy between sets	200
Total		4200		4100		3700
Total Check :		4200	% of Total workout :			
	Primary		EN3/SP1		WEEK :	10
	Secondary		SP2/SP3		DAY :	5
	Maintnance		EN1/EN2			