

	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	12 x 25 Fly on 0:45 Odd - all out Even - long stroke	300	12 x 25 Fly on 0:45	300	12 x 25 Fly on 0:45	300
	100 Esay	100	100 Esay	100	100 Esay	100
Main S.	2 x [4 x 150 Choice on 2:10] 104-107 of Treshold	1200	2 x [4 x 150 Choice on 2:30] 104-107 of Treshold	1200	2 x [4 x 125 Choice on 2:30] 104-107 of Treshold	1000
	100 Easy between sets	200	100 Easy between sets	200	100 Easy between sets	200
Kick	32 x 25 Kick on 0:50 Odd - Fast Even - Easy	800	32 x 25 Kick on 0:50 Odd - Fast Even - Easy	800	32 x 25 Kick on 0:50 Odd - Fast Even - Easy	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		4300		4000		3600
Total Check :		4300	% of Total workout :			
	Primary		EN3/SP1		WEEK :	11
	Secondary		SP2/SP3		DAY :	5
	Maintnance		EN1/EN2			