

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	400 Drills 200 Kick 100 Swim	700	400 Drills 200 Kick 100 Swim	700	400 Drills 200 Kick 100 Swim	700
Sprint	12 x 50 IM on 1:10	600	12 x 50 IM on 1:10	600	12 x 50 IM on 1:10	600
	100 Easy	100	100 Easy	100	100 Easy	100
Main S.	2 x [4 x 100 Choice on 3:00] 90-100% of Max. Speed	800	2 x [4 x 100 Choice on 3:00] 90-100% of Max. Speed	800	2 x [4 x 100 Choice on 3:00] 90-100% of Max. Speed	800
	100 Easy between sets	200	100 Easy between sets	200	100 Easy between sets	200
Pull	4 x 400 Free Pull on 6:00 100% Treshold	1600	4 x 300 Free Pull on 6:00 100% Treshold	1200	4 x 250 Free Pull on 6:00 100% Treshold	1000
	100 Easy	100	100 Easy	100	100 Easy	100
Kick	400 Kick Free	400	400 Kick Free	400	400 Kick Free	400
W.D.	100 Easy	100	100 Easy	100	100 Easy	100
Total		4600		4200		4000
Total Check :		4600	% of Total workout :			
	Primary		EN1/SP1/SP2		WEEK :	12
	Secondary		SP3		DAY :	1
	Maintenance		EN2			