

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	300 Swim 300 Kick 300 Pull	900	300 Swim 200 Kick 200 Pull	700	200 Swim 200 Kick 200 Pull	600
Drills	8 x 100 Drills [Swim IM by 100, as little strokes as possible]	800	8 x 100 Drills [Swim IM by 100, as little strokes as possible]	800	8 x 100 Drills [Swim IM by 100, as little strokes as possible]	800
	100 Easy	100	100 Easy	100	100 Easy	100
Main S.	2 x [6 x 150 Choice on 4:00] 90-100% of Max. Speed	1800	2 x [6 x 150 Choice on 4:00] 90-100% of Max. Speed	1800	2 x [6 x 125 Choice on 4:00] 90-100% of Max. Speed	1500
	200 Easy between sets	400	200 Easy between sets	400	200 Easy between sets	400
Hypox.	8 x 100 Hypox. [2 breaths per 25]	800	8 x 100 Drills [3 breaths per 25]	800	8 x 100 Drills [4 breaths per 25]	800
W.D.	100 Easy	100	100 Easy	100	100 Easy	100
Total		4900		4700		4300
Total Check :		4900	% of Total workout :			
	Primary		EN1/SP1/SP2		WEEK :	12
	Secondary		SP3		DAY :	3
	Maintnance		EN2			