

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	4 x 200 IM	800	3 x 200 IM	600	3 x 200 IM	600
Sprint	4 x 25 Fly on 1:00 [all out]	100	4 x 25 Fly on 1:00 [all out]	100	4 x 25 Fly on 1:00 [all out]	100
	100 Esay	100	100 Esay	100	100 Esay	100
	4 x 25 Choice Build on 1:00	100	4 x 25 Choice Build on 1:00	100	4 x 25 Choice Build on 1:00	100
	100 Esay	100	100 Esay	100	100 Esay	100
Main S.	3 x [3 x [3 x [
	4 x 50 Choice on 1:30 90-100% of Max. Speed	600	4 x 50 Choice on 1:30 90-100% of Max. Speed	600	4 x 50 Choice on 1:30 90-100% of Max. Speed	600
	2 x 100 Free Pull on 2:00 100% Treshold	600	2 x 100 Free Pull on 2:00 100% Treshold	600	2 x 75 Free Pull on 2:00 100% Treshold	450
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Kick	2 x [800	2 x [800	2 x [800
	8 x 50 Kick on 1:15] No borad. Alt. Free/Back every 50. Stay under the water for 8-10 meters.		8 x 50 Kick on 1:15] No borad. Alt. Free/Back every 50. Stay under the water for 8-10 meters.		8 x 50 Kick on 1:15] No borad. Alt. Free/Back every 50. Stay under the water for 8-10 meters.	
Pull	1000 Free Pull	1000	800 Free Pull	800	600 Free Pull	600
Total		4200		3800		3450
Total Check :		4200	% of Total workout :			
	Primary		EN1/SP1/SP2		WEEK :	12
	Secondary		SP3		DAY :	7
	Maintnance		EN2			