

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	8 x 100 Alt. Drills/Swim by 100	800	7 x 100 Alt. Drills/Swim by 100	700	6 x 100 Alt. Drills/Swim by 100	600
Sprint	12 x 50 on 1:10 [25 Fly + 25 Back Atack the wall]	600	12 x 50 on 1:10 [25 Fly + 25 Back Atack the wall]	600	12 x 50 on 1:10 [25 Fly + 25 Back Atack the wall]	600
	100 Easy	100	100 Easy	100	100 Easy	100
Main S.	2 x [3 x 200 Choice on 3:45] 90-100% of Max. Speed	1200	2 x [3 x 200 Choice on 4:00] 90-100% of Max. Speed	1200	2 x [3 x 150 Choice on 3:45] 90-100% of Max. Speed	900
	100 Easy between sets	200	100 Easy between sets	200	100 Easy between sets	200
	16 x 25 Fly on 0:50 [every 4th one arm Fly]	400	16 x 25 Fly on 0:50 [every 4th one arm Fly]	400	16 x 25 Fly on 0:50 [every 4th one arm Fly]	400
	100 Easy	100	100 Easy	100	100 Easy	100
Kick	500 Kick Free	500	400 Kick Free	400	300 Kick Free	400
W.D.	100 Easy	100	100 Easy	100	100 Easy	100
Total		4000		3800		3400
Total Check :		4000	% of Total workout :			
	Primary		EN1/SP1/SP2		WEEK :	13
	Secondary		SP3		DAY :	1
	Maintnance		EN2			