

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	300 Swim 300 Kick 300 Pull	900	200 Swim 200 Kick 200 Pull	600	200 Swim 200 Kick 200 Pull	600
Sprint	16 x 25 Fly on 1:00 Odd - All out Even - one arm	400	16 x 25 Fly on 1:00 Odd - All out Even - one arm	400	16 x 25 Fly on 1:00 Odd - All out Even - one arm	400
Kick	600 Kick	600	500 Kick	500	400 Kick	400
	100 Easy	100	100 Easy	100	100 Easy	100
Main S.	3 x [3 x 250 Choice on 4:00] Hold 104-107 of Treshold S.	2250	3 x [3 x 200 Choice on 4:00] Hold 104-107 of Treshold S.	1800	3 x [3 x 150 Choice on 3:00] Hold 104-107 of Treshold S.	1350
	100 Easy between sets	300	100 Easy between sets	300	100 Easy between sets	300
Hypox.	6 x 100 Catch up. No breath every 2nd 25.	600	5 x 100 Catch up. No breath every 2nd 25.	500	4 x 100 Catch up. No breath every 2nd 25.	400
W.D.	200 Easy	200	200 Easy	200	200 Easy	200
Total		5350		4400		3750
Total Check :		5350	% of Total workout :			
	Primary		EN3 / SP1		WEEK :	18
	Secondary		SP2 / SP3		DAY :	1
	Maintnance		EN1 / EN2 / REC			