

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	400 Drills 400 Free [breath every 4th]	800	300 Drills 300 Free [breath every 4th]	600	300 Drills 300 Free [breath every 4th]	600
Sprint	10 x 25 Fly on 0:45  100 Easy	250  100	10 x 25 Fly on 0:45  100 Easy	250  100	10 x 25 Fly on 0:45  100 Easy	250  100
Kick	10 x 25 Kick Fly on 0:50 [ Underwater solid kick ]  100 Easy	250  100	10 x 25 Kick Fly on 0:50 [ Underwater solid kick ]  100 Easy	250  100	10 x 25 Kick Fly on 0:50 [ Underwater solid kick ]  100 Easy	250  100
Main S.	4 x [ 3 x 100 Choice on 1:30 ] Desc. 1 - 3  100 Easy between sets	1200  400	4 x [ 3 x 100 Choice on 1:45 ] Desc. 1 - 3  100 Easy between sets	1200  400	4 x [ 3 x 75 Choice on 1:30 ] Desc. 1 - 3  75 Easy between sets	900  300
Pull	20 x 50 Pull on 0:45 Hold 100 of Treshold S.	1000	16 x 50 Pull on 0:55 Hold 100 of Treshold S.	800	12 x 50 Pull on 1:05 Hold 100 of Treshold S.	600
W.D.	200 Easy	200	200 Easy	200	200 Easy	200
<b>Total</b>		<b>4300</b>		<b>3900</b>		<b>3300</b>
<b>Total Check :</b>		<b>4300</b>	<b>% of Total workout :</b>			
	Primary		EN3 / SP1		WEEK :	19
	Secondary		SP2 / SP3		DAY :	1
	Maintnance		EN1 / EN2 / REC			