

|                      | Group I  |             | Group II   |        | Group III  |        |
|----------------------|--|-------------|--|--------|--|--------|
|                      | Set  | meters      | Set  | meters | Set  | meters |
| W.U.                 | 2 x 400 IM Swim  | 800         | 2 x 400 IM Swim  | 800    | 2 x 300 IM Swim  | 600    |
| Sprint               | 8 x [ 25 Choice All out +<br>75 Easy ] on 2:30               | 800         | 8 x [ 25 Choice All out +<br>75 Easy ] on 2:30               | 800    | 8 x [ 25 Choice All out +<br>75 Easy ] on 2:30               | 800    |
| Kick                 | 8 x 100 Kick on 2:15<br>Alternate Free/Breast                | 800         | 8 x 75 Kick on 2:15<br>Alternate Free/Breast                 | 600    | 8 x 75 Kick on 2:15<br>Alternate Free/Breast                 | 600    |
|                      | 100 Easy   | 100         | 100 Easy   | 100    | 100 Easy   | 100    |
| Main S.              | 4 x [ 6 x 50 Choice on 1:00<br>] Hold 104-107 of Treshold S. | 1200        | 4 x [ 6 x 50 Choice on 1:05<br>] Hold 104-107 of Treshold S. | 1200   | 4 x [ 6 x 50 Choice on 1:10<br>] Hold 104-107 of Treshold S. | 1200   |
|                      | 100 Easy between sets  | 400         | 100 Easy between sets  | 400    | 100 Easy between sets  | 400    |
| Pull                 | 3 x 300 Pull Free on 4:00<br>Hold 104-107 of Treshold S.     | 1200        | 3 x 250 Pull Free on 4:00<br>Hold 104-107 of Treshold S.     | 750    | 3 x 200 Pull Free on 4:00<br>Hold 104-107 of Treshold S.     | 600    |
| W.D.                 | 200 Easy   | 200         | 200 Easy   | 200    | 200 Easy   | 200    |
| Total                |  | 5500        |  | 4850   |  | 4500   |
| <b>Total Check :</b> |  | <b>5500</b> | <b>% of Total workout :</b>                                  |        |  |        |
|                      | Primary  |             | EN3 / SP1  |        | WEEK :   | 19     |
|                      | Secondary  |             | SP2 / SP3  |        | DAY :  | 3      |
|                      | Maintnance   |             | EN1 / EN2 / REC  |        |  |        |