

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	4 x 200 IM	800	4 x 200 IM	800	3 x 200 IM	600
Sprint	16 x 50 IM on 1:00	800	6 x 100 IM on 2:20	600	6 x 100 IM on 2:20	600
	100 Easy	100	100 Easy	100	100 Easy	100
Kick	16 x 25 Kick on 1:00 [12.5 All out + 12.5 Easy]	400	16 x 25 Kick on 1:00 [12.5 All out + 12.5 Easy]	400	16 x 25 Kick on 1:00 [12.5 All out + 12.5 Easy]	400
	100 Easy	100	100 Easy	100	100 Easy	100
Main S.	2 x [20 x 50 Choice on 1:00] Hold 104-107 of Treshold S.	2000	2 x [16 x 50 Choice on 1:15] Hold 104-107 of Treshold S.	1600	2 x [14 x 50 Choice on 1:20] Hold 104-107 of Treshold S.	1400
	100 Easy between sets	400	100 Easy between sets	400	100 Easy between sets	400
Drills	600 Drills	600	400 Drills	400	300 Drills	300
W.D.	100 Easy	100	100 Easy	100	100 Easy	100
Total		5300		4500		4000
Total Check :		5300	% of Total workout :			
	Primary		EN3 / SP1		WEEK :	21
	Secondary		SP2 / SP3		DAY :	3
	Maintenance		EN1 / EN2 / REC			