	meters				
		Set	meters	Set	meters
x 100 IM, 200 Kick	600	4 x 100 IM , 200 Kick	600	3 x 100 IM, 100 Kick	400
x 50 Drills on 1:10	400	8 x 50 Drills on 1:10	400	8 x 50 Drills on 1:10	400
x [ 200 Free on 3:15 + 50 Sprint on 1:00 ]	1000	4 x [150 Free on 3:15 + 50 Sprint on 1:00 ]	800	4 x [ 125 Free on 3:15 + 50 Sprint on 1:00 ]	700
00 easy	100	100 easy	100	100 easy	100
2 x 50 on 1:15 1 - Free, breath every 6th 2 - Breast, breath every 3rd 3 - 25 Fly - breath every 4th	600	12 x 50 on 1:15 1 - Free, breath every 6th 2 - Breast, breath every 3rd 3 - 25 Fly - breath every 4th	600	12 x 50 on 1:15 1 - Free, breath every 6th 2 - Breast, breath every 3rd 3 - 25 Fly - breath every 4th	600
x 50 Kick - fast from the wall on 1:20 alternate Back/Free/Fly every 50 Fly - no board		on 1:20		6 x 50 Kick - fast from the wall on 1:20 alternate Back/Free/Fly every 50 Fly - no board	<b>300</b>
00 Warm down	200	100 Warm down	100	100 Warm down	100
	3200		2900		2600
Total Check :	3200			% of Total workout :	
Primary		SP1/SP2		WEEK :	29
				DAY :	1
>> 0 2	x [ 200 Free on 3:15 + 50 Sprint on 1:00 ] 00 easy 2 x 50 on 1:15 1 - Free, breath every 6th 2 - Breast, breath every 3rd 3 - 25 Fly - breath every 4th x 50 Kick - fast from the wall on 1:20 alternate Back/Free/Fly every 50 Fly - no board 00 Warm down Total Check :	x [ 200 Free on 3:15 + 50 Sprint on 1:00 ] 1000   x [ 200 Free on 3:15 + 50 Sprint on 1:00 ] 100   x 50 sprint on 1:00 ] 100   x 50 on 1:15 600   1 - Free, breath every 6th 600   2 - Breast, breath every 3rd 3 - 25 Fly - breath every 4th   x 50 Kick - fast from the wall on 1:20 300   alternate Back/Free/Fly every 50 Fly - no board   x 00 Warm down 200   Total Check : 3200   Primary Secondary	x [ 200 Free on 3:15 + 50 Sprint on 1:00 ]10004 x [150 Free on 3:15 + 50 Sprint on 1:00 ]100 easy100100 easy2 x 50 on 1:1560012 x 50 on 1:151 - Free, breath every 6th 2 - Breast, breath every 3rd 3 - 25 Fly - breath every 4th12 x 50 on 1:15x 50 Kick - fast from the wall on 1:203006 x 50 Kick - fast from the wall on 1:20alternate Back/Free/Fly every 506 x 50 Kick - fast from the wall on 1:206 x 50 Kick - fast from the wall on 1:200 Warm down200100 Warm down32003200Total Check :3200SecondarySP3	x [ 200 Free on 3:15 + 50 Sprint on 1:00 ] 1000 4 x [150 Free on 3:15 + 50 Sprint on 1:00 ] 800   x 50 Sprint on 1:00 ] 100 easy 100 100 easy 100   x 50 on 1:15 600 12 x 50 on 1:15 600 12 x 50 on 1:15 600   1 - Free, breath every 6th 2 - Breast, breath every 3rd 3 - 25 Fly - breath every 3rd 3 - 25 Fly - breath every 3rd 3 - 25 Fly - breath every 4th 300 on 1:20   alternate Back/Free/Fly every 50 Fly - no board 6 x 50 Kick - fast from the wall on 1:20 300 on 1:20 alternate Back/Free/Fly every 50 Fly - no board 100 Warm down 100   00 Warm down 200 100 Warm down 100 2900   Total Check : 3200 2900   Yeimary SP1/SP2 Secondary SP3	x [ 200 Free on 3:15 + 50 Sprint on 1:00 ]10004 x [150 Free on 3:15 + 50 Sprint on 1:00 ]8004 x [ 125 Free on 3:15 + 50 Sprint on 1:00 ]100 easy100100 easy100100 easy100100 easy100100 easy100100 easy100 easy2 x 50 on 1:15 1 - Free, breath every 6th 2 - Breast, breath every 3rd 3 - 25 Fly - breath every 4th60012 x 50 on 1:15 1 - Free, breath every 3rd 3 - 25 Fly - breath every 4th10012 x 50 on 1:15 1 - Free, breath every 3rd 3 - 25 Fly - breath every 4th100x 50 Kick - fast from the wall on 1:20 alternate Back/Free/Fly every 50 Fly - no board3006 x 50 Kick - fast from the wall on 1:20 alternate Back/Free/Fly every 50 Fly - no board3006 x 50 Kick - fast from the wall on 1:20 alternate Back/Free/Fly every 50 Fly - no board100 Warm down1000 Warm down200100 Warm down100100 Warm down100100 Warm down200100 Warm down100100 Warm down