

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	300 Swim 300 Kick 300 Pull	900	300 Swim 200 Kick 200 Pull	700	200 Swim 200 Kick 200 Pull	600
Drills	16 x 50 Swim Golf on 1:00 [ In group of 4 swim this way that each next sum of time and number of strokes is smaller ]	800	16 x 50 Swim Golf on 1:00 [ In group of 4 swim this way that each next sum of time and number of strokes is smaller ]	800	16 x 50 Swim Golf on 1:00 [ In group of 4 swim this way that each next sum of time and number of strokes is smaller ]	800
	100 Easy	100	100 Easy	100	100 Easy	100
Main S.	2 x [ 4 x 200 Choice on 4:00 ] 90-100% of Max. Speed	1600	2 x [ 4 x 200 Choice on 4:00 ] 90-100% of Max. Speed	1600	2 x [ 4 x 150 Choice on 4:00 ] 90-100% of Max. Speed	1200
	200 Easy between sets	400	200 Easy between sets	400	200 Easy between sets	400
Kick	8 x 100 Kick on 2:30 [ sprint 8-10 meters from the wall ]	800	8 x 100 Kick on 2:30 [ sprint 8-10 meters from the wall ]	800	8 x 75 Kick on 2:30 [ sprint 8-10 meters from the wall ]	600
W.D.	100 Easy	100	100 Easy	100	100 Easy	100
Total		4700		4500		3800
<b>Total Check :</b>		<b>4700</b>	<b>% of Total workout :</b>			
	Primary		EN1/SP1/SP2		WEEK :	35
	Secondary		SP3		DAY :	3
	Maintenance		EN2			