

	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
Total		4300		3900		3300
Total Check :		4300	% of Total workout :			
	Primary		EN3 / SP1		WEEK :	40
	Secondary		SP2 / SP3		DAY :	1
	Maintnance		EN1 / EN2 / REC			