

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	4 x 200 IM reverse order	800	4 x 200 IM reverse order	800	3 x 200 IM reverse order	600
	16 x 25 Arms Fly, Kick Free on 0:45 every 4th one arm fly	400	12 x 25 Arms Fly, Kick Free on 0:45 every 4th one arm fly	300	12 x 25 Arms Fly, Kick Free on 0:45 every 4th one arm fly	300
	100 Easy	100	100 Easy	100	100 Easy	100
Main S.	2 x [ 5 x 200 Choice on 3:30 ] 150 - 100% Treshold + 15 sec. rest + 50 all out.	2000	2 x [ 4 x 200 Choice on 4:15 ] 150 - 100% Treshold + 15 sec. rest + 50 all out.	1600	2 x [ 5 x 150 Choice on 3:30 ] 125 - 100% Treshold + 15 sec. rest + 25 all out.	1500
	100 Easy between sets	200	100 Easy between sets	200	100 Easy between sets	200
Kick	16 x 50 Kick on 1:15 Odd - Back on the side Even - Free	800	16 x 50 Kick on 1:15 Odd - Back on the side Even - Free	800	12 x 50 Kick on 1:25 Odd - Back on the side Even - Free	600
Pull	6 x 100 Free Pull minimum number of strokes	600	5 x 100 Free Pull minimum number of strokes	500	4 x 100 Free Pull minimum number of strokes	400
W.D.	100 Easy	100	100 Easy	100	100 Easy	100
<b>Total</b>		<b>5000</b>		<b>4400</b>		<b>3800</b>
<b>Total Check :</b>		<b>5000</b>	<b>% of Total workout :</b>			
	Primary		EN1/EN2		WEEK :	6
	Secondary		EN3		DAY :	3
	Maintnace		SP3	*this workout can be changed without previous notification		