

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	200 Breast 200 Kick 200 Free	600	200 Breast 200 Kick 200 Free	600	200 Breast 100 Kick 200 Free	500
Sprint	16 x 25 IM on 0:50	400	16 x 25 IM on 0:50	400	16 x 25 IM on 0:50	400
	100 Esay	100	100 Esay	100	100 Esay	100
Kick	6 x 100 Kick on 2:30 [25 Fly no borad + 25 Back + 25 Free no board + 25 Back one arm up]	600	6 x 100 Kick on 2:30 [25 Fly no borad + 25 Back + 25 Free no board + 25 Back one arm up]	600	6 x 100 Kick on 2:30 [25 Fly no borad + 25 Back + 25 Free no board + 25 Back one arm up]	600
Mian S.	6 x [4 x 100 Choice on 1:30] no fast, making a pace time is ok	2400	6 x [4 x 100 Choice on 1:50] no fast, making a pace time is ok	2400	6 x [4 x 75 Choice on 1:50] no fast, making a pace time is ok	1800
	100 Easy between sets	600	100 Easy between sets	600	100 Easy between sets	600
Hyox.	10 x 50 Free on 1:00 [one breath for each 25]	500	8 x 50 Free on 1:10 [one breath for each 25]	400	8 x 50 Free on 1:15 [one breath for each 25]	400
W.D.	100 Esay	100	100 Esay	100	100 Esay	100
Total		5300		5200		4500
Total Check :		5300	% of Total workout :			
	Primary		EN1/EN2		WEEK :	6
	Secondary		EN3		DAY :	5
	Maintnance		SP3	*this workout		