

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	200 Swim 200 Kick 200 Pull	600	200 Swim 200 Kick 200 Pull	600	200 Swim 100 Kick 200 Pull	500
Sprint	12 x 25 Fly on 1:00	300	12 x 25 Fly on 1:00	300	12 x 25 Fly on 1:00	300
	100 Easy	100	100 Easy	100	100 Easy	100
	12 x 25 Choice Fast on 1:00	300	12 x 25 Choice Fast on 1:00	300	12 x 25 Choice Fast on 1:00	300
Kick	3 x 200 Kick on 4:30	600	3 x 200 Kick on 4:30	600	3 x 150 Kick on 4:30	450
	First - Free		First - Free		First - Free	
	Second - Alt. Breast/Fly every 25		Second - Alt. Breast/Fly every 25		Second - Alt. Breast/Fly every 25	
	Third - Alt. Back/Side Back every 25		Third - Alt. Back/Side Back every 25		Third - Alt. Back/Side Back every 25	
Mian S.	4 x [1600	4 x [1600	4 x [1200
	4 x 100 Choice on 2:00		4 x 100 Choice on 2:15		4 x 75 Choice on 2:15	
] Negative split] Negative split] 50 Treshold Speed + 25 Fast	
	100 Easy between sets	400	100 Easy between sets	400	100 Easy between sets	400
Drills	10 x 100 Free [minimum number of strokes]	1000	10 x 100 Free [minimum number of strokes]	1000	8 x 100 Free [minimum number of strokes]	800
W.D.	100 Easy	100	100 Easy	100	100 Easy	100
Total		5000		5000		4150
Total Check :		5000	% of Total workout :			
	Primary		EN1/EN2		WEEK :	7
	Secondary		EN3		DAY :	5
	Maintnance		SP3			