

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	6 x 100 IM 200 Kick	800	5 x 100 IM 200 Kick	700	4 x 100 IM 100 Kick	500
Sprint	8 x 25 Alt. Free/Choice on 1:00 [ 12.5 all out + 12.5 easy ]	200	8 x 25 Alt. Free/Choice on 1:00 [ 12.5 all out + 12.5 easy ]	200	8 x 25 Alt. Free/Choice on 1:00 [ 12.5 all out + 12.5 easy ]	200
	100 Easy	100	100 Easy	100	100 Easy	100
Main S.	3 x [ 16 x 50 Choice on 0:45 ] 104-107 of Treshold every 4th slow	2400	3 x [ 14 x 50 Choice on 0:55 ] 104-107 of Treshold every 4th slow	2100	3 x [ 12 x 50 Choice on 1:05 ] 104-107 of Treshold every 4th slow	1800
	100 Easy between sets	200	100 Easy between sets	200	100 Easy between sets	200
Kick	8 x 100 Kick Free on 2:15 Sprint 1st and 3rd 25	800	8 x 100 Kick Free on 2:15 Sprint 1st and 3rd 25	800	6 x 100 Kick Free on 2:30 Sprint 1st and 3rd 25	600
	100 Easy	100	100 Easy	100	100 Easy	100
Pull	2 x [ 6 x 50 Free Pull on 1:30 ] 80-90% of Maximum Speed	600	2 x [ 4 x 50 Free Pull on 1:40 ] 80-90% of Maximum Speed	400	2 x [ 4 x 50 Free Pull on 1:45 ] 80-90% of Maximum Speed	400
W.D.	100 Easy between sets	200	100 Easy between sets	200	100 Easy between sets	200
<b>Total</b>		<b>5400</b>		<b>4800</b>		<b>4100</b>
<b>Total Check :</b>		<b>5400</b>			<b>% of Total workout :</b>	
	Primary		EN3/SP1		WEEK :	9
	Secondary		SP2/SP3		DAY :	5
	Maintnace		EN1/EN2			