

	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	40 x 25 Choice on 0:45 [ 6 strokes fast ] [ every 4th slow ]	1000	40 x 25 Choice on 0:45 [ 6 strokes fast ] [ every 4th slow ]	1000	40 x 25 Choice on 0:45 [ 6 strokes fast ] [ every 4th slow ]	1000
	100 Easy	100	100 Easy	100	100 Easy	100
Main S.	4 x [ 4 x 50 Choice on 0:40 ] 90-100% of Max. Speed	800	4 x [ 4 x 50 Choice on 0:50 ] 90-100% of Max. Speed	800	4 x [ 4 x 50 Choice on 0:55 ] 90-100% of Max. Speed	800
	100 Easy between sets	400	100 Easy between sets	400	100 Easy between sets	400
Kick	8 x 100 Kick Free on 2:15	800	8 x 100 Kick Free on 2:15	800	6 x 100 Kick Free on 2:30	600
	100 Easy	100	100 Easy	100	100 Easy	100
Hypox.	12 x 50 Free Pull on 1:00 [ 25 no breath + 25 easy]	600	12 x 50 Free Pull on 1:00 [ 25 one breath + 25 easy]	600	12 x 50 Free Pull on 1:00 [ 25 two breaths + 25 easy]	600
W.D.	100 Easy between sets	200	100 Easy between sets	200	100 Easy between sets	200
<b>Total</b>		<b>4800</b>		<b>4700</b>		<b>4300</b>
<b>Total Check :</b>		<b>4800</b>	<b>% of Total workout :</b>			
	Primary		EN3/SP1		WEEK :	10
	Secondary		SP2/SP3		DAY :	5
	Maintnance		EN1/EN2			