

	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	12 x 25 Fly on 0:45 Odd - all out Even - long stroke	300	12 x 25 Fly on 0:45 Odd - all out Even - long stroke	300	12 x 25 Fly on 0:45 Odd - all out Even - long stroke	300
	100 Easy	100	100 Easy	100	100 Easy	100
Main S.	3 x [ 4 x 150 Choice on 2:10 ] 104-107 of Treshold	1800	3 x [ 4 x 150 Choice on 2:30 ] 104-107 of Treshold	1800	3 x [ 4 x 125 Choice on 2:30 ] 104-107 of Treshold	1500
	100 Easy between sets	300	100 Easy between sets	300	100 Easy between sets	300
Kick	32 x 25 Kick on 0:50 Odd - Fast Even - Easy	800	32 x 25 Kick on 0:50 Odd - Fast Even - Easy	800	32 x 25 Kick on 0:50 Odd - Fast Even - Easy	800
	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>5000</b>		<b>4700</b>		<b>4200</b>
<b>Total Check :</b>		<b>5000</b>	<b>% of Total workout :</b>			
	Primary		EN3/SP1		WEEK :	11
	Secondary		SP2/SP3		DAY :	5
	Maintnance		EN1/EN2			