

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	3 x 300 IM no Fly	900	3 x 300 IM no Fly	900	3 x 200 IM no Fly, 100 Free	700
Sprint	4 x 25 Choice on 1:00 [all out] push from wall, stay under water	100	4 x 25 Choice on 1:00 [all out] push from wall, stay under water	100	4 x 25 Choice on 1:00 [all out] push from wall, stay under water	100
	100 Easy	100	100 Easy	100	100 Easy	100
	4 x 25 Free on 1:00 [all out] push from wall, stay under water	100	4 x 25 Free on 1:00 [all out] push from wall, stay under water	100	4 x 25 Free on 1:00 [all out] push from wall, stay under water	100
	100 Esay	100	100 Esay	100	100 Esay	100
Main S.	3 x [4 x 100 Choice on 2:20] 80-90% of Max. Speed	1200	3 x [4 x 100 Choice on 2:40] 80-90% of Max. Speed	1200	3 x [4 x 75 Choice on 2:20] 80-90% of Max. Speed	900
	100 Easy between sets	300	100 Easy between sets	300	100 Easy between sets	300
Main S.	3 x 400 Free on 6:30 104-107% of Treshold	1200	3 x 300 Free on 6:30 104-107% of Treshold	900	3 x 300 Free on 7:00 104-107% of Treshold	900
	100 Easy	100	100 Easy	100	100 Easy	100
Kick	6 x 100 Easy Kick	600	5 x 100 Easy Kick	500	4 x 100 Easy Kick	400
W.D.	100 Easy	100	100 Easy	100	100 Easy	100
Total		4800		4400		3800
Total Check :		4800	% of Total workout :			
	Primary		EN3/SP1		WEEK :	11
	Secondary		SP2/SP3		DAY :	7
	Maintnance		EN1/EN2			