

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	400 Drills 200 Kick 100 Swim	700	400 Drills 200 Kick 100 Swim	700	400 Drills 200 Kick 100 Swim	700
Sprint	12 x 50 IM on 1:10	600	12 x 50 IM on 1:10	600	12 x 50 IM on 1:10	600
	100 Easy	100	100 Easy	100	100 Easy	100
Main S.	2 x [4 x [100 Choice Fast + 50 Easy] on 3:00]	1200	2 x [4 x [100 Choice Fast + 50 Easy] on 3:00]	1200	2 x [4 x [100 Choice Fast + 50 Easy] on 3:00]	1200
	100 Easy between sets	200	100 Easy between sets	200	100 Easy between sets	200
Pull	2 x 400 Free Pull on 6:00 100% Treshold	800	2 x 300 Free Pull on 6:00 100% Treshold	600	2 x 250 Free Pull on 6:00 100% Treshold	500
	100 Easy	100	100 Easy	100	100 Easy	100
Kick	400 Kick Free	400	400 Kick Free	400	400 Kick Free	400
W.D.	100 Easy	100	100 Easy	100	100 Easy	100
Total		4200		4000		3900
Total Check :		4200	% of Total workout :			
	Primary		EN1/SP1/SP2		WEEK :	12
	Secondary		SP3		DAY :	1
	Maintnance		EN2			