Set meters Set meters Set w.u. 200 Swim 200 Kick 200 Pull 600 200 Swim 200 Kick 200 Pull 600 200 Swim 200 Kick 200 Pull 600 600 Swim 200 Kick 200 Pull 600 6 x 100 Drills [Swim IM by 100, as little strokes as possible] [Swim IM by 100, as little strokes as possible] 100 100 Easy 100 100 Easy	200 Pull 00, as little	meters 600 600
Drills 6 x 100 Drills 600 6 x 100 Drills [Swim IM by 100, as little strokes as possible] 6 x 100 Drills [Swim IM by 100, as little strokes as possible] 6 x 100 Drills [Swim IM by 100, as little strokes as possible] 5 strokes as possible	00, as little	
[Swim IM by 100, as little strokes as possible] [Swim IM by 100, as little strokes as possible] [Swim IM by 100, as little strokes as possible]		600
100 Easy 100 100 Easy 100 100 Easy		
		100
Main S. 2 x [1800 2 x [1800 2 x [6 x 150 Choice on 4:00 6 x 125 Choice 6 x 125 Choice 1 1 st and 3rd 50 fast 1 st and 3rd 50 fast 1 st and 3rd 50 easy 2 x [6 x 125 Choice 1 st and 3rd 50 easy 2 x [6 x 125 Choice 1 st and 3rd 50 easy 2 x [6 x 125 Choice 2 x [2 x [2 x [2 x [2 x [2 x [2 x [2 x [2 x [2 x [2 x [</td <td></td> <td>1500</td>		1500
200 Easy between sets 400 200 Easy between sets 400 200 Easy between s	sets	400
Hypox. 6 x 100 Hypox. 600 6 x 100 Hypox. 600 6 x 100 Hypox. 600 6 x 100 Hypox. [4 breaths per 2	25]	600
w.d. 100 Easy 100 Easy 100 Easy		100
Total 4200 4200		3900
	otal workout :	
Primary EN1/SP1/SP2	WEEK:	
Secondary SP3 Maintnance EN2	DAY :	3