

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	4 x 200 IM	800	3 x 200 IM	600	3 x 200 IM	600
Sprint	4 x 25 Fly on 1:00 [ all out ]	100	4 x 25 Fly on 1:00 [ all out ]	100	4 x 25 Fly on 1:00 [ all out ]	100
	100 Easy	100	100 Easy	100	100 Easy	100
	4 x 25 Choice Build on 1:00	100	4 x 25 Choice Build on 1:00	100	4 x 25 Choice Build on 1:00	100
	100 Easy	100	100 Easy	100	100 Easy	100
Main S.	3 x [		3 x [		3 x [	
	4 x 50 Choice on 1:30	600	4 x 50 Choice on 1:30	600	4 x 50 Choice on 1:30	600
	90-100% of Max. Speed		90-100% of Max. Speed		90-100% of Max. Speed	
	2 x 100 Free Pull on 2:00	600	2 x 100 Free Pull on 2:00	600	2 x 75 Free Pull on 2:00	450
	100% Treshold		100% Treshold		100% Treshold	
	]		]		]	
Kick	2 x [	800	2 x [	800	2 x [	800
	8 x 50 Kick on 1:15		8 x 50 Kick on 1:15		8 x 50 Kick on 1:15	
	]		]		]	
	No borad. Alt. Free/Back every 50. Stay under the water for 8-10 meters.		No borad. Alt. Free/Back every 50. Stay under the water for 8-10 meters.		No borad. Alt. Free/Back every 50. Stay under the water for 8-10 meters.	
Pull	1000 Free Pull	1000	800 Free Pull	800	600 Free Pull	600
Total		4200		3800		3450
Total Check :		4200	% of Total workout :			
	Primary		EN1/SP1/SP2		WEEK :	12
	Secondary		SP3		DAY :	7
	Maintnace		EN2			