

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	300 Swim 300 Kick 300 Pull	900	300 Swim 200 Kick 300 Pull	800	200 Swim 200 Kick 200 Pull	600
Sprint	16 x 50 IM (15 sprint + 35 easy)	800	16 x 50 IM (15 sprint + 35 easy)	800	16 x 50 IM (15 sprint + 35 easy)	800
	100 Easy	100	100 Easy	100	100 Easy	100
Main S.	6 x 200 Choice on 3:00 100% Treshold Speed	1200	5 x 200 Choice on 3:15 100% Treshold Speed	1000	4 x 200 Choice on 3:30 100% Treshold Speed	800
	100 Easy	100	100 Easy	100	100 Easy	100
Mian S.	6 x 200 Alt. Swim/Kick every 25 on 4:00	1200	5 x 200 Alt. Swim/Kick every 25 on 4:15		4 x 200 Alt. Swim/Kick every 25 on 4:30	
	100 Easy	100	100 Easy	100	100 Easy	100
Kick	20 x 25 Kick on 0:45 Alternate Free / Back	500	20 x 25 Kick on 0:45 Alternate Free / Back	500	20 x 25 Kick on 0:45 Alternate Free / Back	500
	100 Easy	100	100 Easy	100	100 Easy	100
Total		5000		3500		3100
Total Check :		5000	% of Total workout :			
	Primary		EN1/EN2		WEEK :	15
	Secondary		EN3		DAY :	1
	Maintnance		SP3			