

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	4 x 200 IM reverse order	800	4 x 200 IM reverse order	800	3 x 200 IM reverse order	600
	12 x 25 Fly on 0:45 Odd - Fast Even - Easy	300	12 x 25 Fly on 0:45 Odd - Fast Even - Easy	300	12 x 25 Fly on 0:45 Odd - Fast Even - Easy	300
	100 Easy	100	100 Easy	100	100 Easy	100
Main S.	2 x [5 x 200 Choice on 3:30] 150 - 100% Treshold + 15 sec. rest + 50 all out.	2000	2 x [4 x 200 Choice on 4:15] 150 - 100% Treshold + 15 sec. rest + 50 all out.	1600	2 x [5 x 150 Choice on 3:30] 125 - 100% Treshold + 15 sec. rest + 25 all out.	1500
	100 Easy between sets	200	100 Easy between sets	200	100 Easy between sets	200
Kick	12 x 50 Kick on 1:15 Odd - Back dolphin kick Even - Free	600	12 x 50 Kick on 1:15 Odd - Back dolphin kick Even - Free	600	10 x 50 Kick on 1:20 Odd - Back dolphin kick Even - Free	500
Pull	6 x 100 Free Pull [fast on turns]	600	5 x 100 Free Pull [fast on turns]	500	4 x 100 Free Pull [fast on turns]	400
W.D.	100 Easy	100	100 Easy	100	100 Easy	100
Total		4700		4200		3700
Total Check :		4700	% of Total workout :			
	Primary		EN1/EN2		WEEK :	16
	Secondary		EN3		DAY :	3
	Maintnance		SP3			