

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	4 x 200 IM	800	4 x 200 IM	800	3 x 200 IM	600
Sprint	8 x 100 IM on 2:00 IM reverse order	800	6 x 100 IM on 2:20 IM reverse order	600	6 x 100 IM on 2:20 IM reverse order	600
	100 Easy	100	100 Easy	100	100 Easy	100
Kick	16 x 25 Kick on 1:00 [12.5 All out + 12.5 Easy]	400	16 x 25 Kick on 1:00 [12.5 All out + 12.5 Easy]	400	16 x 25 Kick on 1:00 [12.5 All out + 12.5 Easy]	400
	100 Easy	100	100 Easy	100	100 Easy	100
Main S.	40 x 50 Choice on 1:00 Hold 104-107 of Treshold S. Every 4th easy	2000	32 x 50 Choice on 1:15 Hold 104-107 of Treshold S. Every 4th easy	1600	28 x 50 Choice on 1:20 Hold 104-107 of Treshold S. Every 4th easy	1400
	100 Easy	100	100 Easy	100	100 Easy	100
Pull	600 Pull Free	600	600 Pull Free	600	600 Pull Free	600
W.D.	100 Easy	100	100 Easy	100	100 Easy	100
Total		5000		4400		4000
Total Check :		5000	% of Total workout :			
	Primary		EN3 / SP1		WEEK :	18
	Secondary		SP2 / SP3		DAY :	3
	Maintnance		EN1 / EN2 / REC			