

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	2 x 400 IM Swim	800	2 x 400 IM Swim	800	2 x 300 IM Swim	600
Sprint	8 x [25 Choice All out + 75 Easy] on 2:30	800	8 x [25 Choice All out + 75 Easy] on 2:30	800	8 x [25 Choice All out + 75 Easy] on 2:30	800
Kick	8 x 100 Kick on 2:15 Alternate Free/Breast	800	8 x 75 Kick on 2:15 Alternate Free/Breast	600	8 x 75 Kick on 2:15 Alternate Free/Breast	600
	100 Easy	100	100 Easy	100	100 Easy	100
Main S.	4 x [6 x 50 Choice on 1:00] Hold 104-107 of Treshold S.	1200	4 x [6 x 50 Choice on 1:05] Hold 104-107 of Treshold S.	1200	4 x [6 x 50 Choice on 1:10] Hold 104-107 of Treshold S.	1200
	100 Easy between sets	400	100 Easy between sets	400	100 Easy between sets	400
Pull	3 x 300 Pull Free on 4:30 Hold 104-107 of Treshold S.	1200	3 x 250 Pull Free on 4:30 Hold 104-107 of Treshold S.	750	3 x 200 Pull Free on 4:30 Hold 104-107 of Treshold S.	600
W.D.	200 Easy	200	200 Easy	200	200 Easy	200
Total		5500		4850		4500
Total Check :		5500	% of Total workout :			
	Primary		EN3 / SP1		WEEK :	19
	Secondary		SP2 / SP3		DAY :	3
	Maintnance		EN1 / EN2 / REC			