

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	800 Drills	800	600 Drills	600	600 Drills	600
Sprint	4 x [4 x 25 Choice on 0:25]	400	4 x [4 x 25 Choice on 0:25]	400	4 x [4 x 25 Choice on 0:25]	400
	50 Easy between sets	200	50 Easy between sets	200	50 Easy between sets	200
Kick	16 x 25 Kick IM on 0:45 Odd - Easy Even - Fast	400	16 x 25 Kick IM on 0:45 Odd - Easy Even - Fast	400	16 x 25 Kick IM on 0:45 Odd - Easy Even - Fast	400
	100 Easy	100	100 Easy	100	100 Easy	100
Main S.	3 x [4 x 100 Choice on 1:45] Hold 104-107 of Treshold S.	1200	3 x [4 x 100 Choice on 2:00] Hold 104-107 of Treshold S.	1200	3 x [4 x 100 Choice on 2:15] Hold 104-107 of Treshold S.	1200
	100 Easy between sets	300	100 Easy between sets	300	100 Easy between sets	300
Pull	30 x 50 Free Pull on 1:00 1-3 easy, easy, fast	1500	24 x 50 Free Pull on 1:15 1-3 easy, easy, fast	1200	20 x 50 Free Pull on 1:30 1-3 easy, easy, fast	1000
W.D.	200 Easy	200	200 Easy	200	200 Easy	200
Total		5100		4600		4400
Total Check :		5100	% of Total workout :			
	Primary		EN3 / SP1		WEEK :	19
	Secondary		SP2 / SP3		DAY :	5
	Maintnance		EN1 / EN2 / REC			