

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	800 Drills	800	600 Drills	600	600 Drills	600
	8 x 25 Breast on 0:45	200	8 x 25 Breast on 0:45	200	8 x 25 Breast on 0:45	200
Kick	8 x 25 Kick on 0:50 Odd - Back Fly Even - Free	200	8 x 25 Kick on 0:50 Odd - Back Fly Even - Free	200	8 x 25 Kick on 0:50 Odd - Back Fly Even - Free	200
	100 Easy	100	100 Easy	100	100 Easy	100
Main S.	4 x [6 x 25 Choice on 0:30 1, 2, 4, 5 Fast, 3, 6 Easy]	600	4 x [6 x 25 Choice on 0:30 1, 2, 4, 5 Fast, 3, 6 Easy]	600	4 x [6 x 25 Choice on 0:30 1, 2, 4, 5 Fast, 3, 6 Easy]	600
	50 Easy between sets	200	50 Easy between sets	200	50 Easy between sets	200
Main S.	12 x 100 Choice on 1:45 Hold 104-107 of Treshold S.	1200	10 x 100 Choice on 2:00 Hold 104-107 of Treshold S.	1000	8 x 100 Choice on 2:15 Hold 104-107 of Treshold S.	800
	100 Easy	100	100 Easy	100	100 Easy	100
Pull	1500 Pull Free Every 4th 50 hard	1500	1200 Pull Free Every 4th 50 hard	1200	1000 Pull Free Every 4th 50 hard	1000
W.D.	200 Easy	200	200 Easy	200	200 Easy	200
Total		5100		4400		4000
Total Check :		5100	% of Total workout :			
	Primary		EN3 / SP1		WEEK :	19
	Secondary		SP2 / SP3		DAY :	7
	Maintnance		EN1 / EN2 / REC			