

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	300 Swim 300 Kick 300 Pull	900	300 Swim 200 Kick 200 Pull	700	200 Swim 200 Kick 200 Pull	600
Drills	16 x 50 Swim Golf on 1:00 [ In group of 4 swim this way that each next sum of time and number of strokes is smaller ]	800	16 x 50 Swim Golf on 1:00 [ In group of 4 swim this way that each next sum of time and number of strokes is smaller ]	800	16 x 50 Swim Golf on 1:00 [ In group of 4 swim this way that each next sum of time and number of strokes is smaller ]	800
	100 Easy	100	100 Easy	100	100 Easy	100
Main S.	4 x 200 Choice on 4:00 Odd: Easy Even: 90-100% of Max. Speed	800	4 x 200 Choice on 4:00 Odd: Easy Even: 90-100% of Max. Speed	800	4 x 150 Choice on 4:00 Odd: Easy Even: 90-100% of Max. Speed	600
	200 Easy between sets	400	200 Easy between sets	400	200 Easy between sets	400
Sprint	16 x 25 IM on 1:00 sprint 12.5 meters from the wall	400	16 x 25 IM on 1:00 sprint 12.5 meters from the wall	400	16 x 25 IM on 1:00 sprint 12.5 meters from the wall	400
W.D.	100 Easy	100	100 Easy	100	100 Easy	100
<b>Total</b>		<b>3500</b>		<b>3300</b>		<b>3000</b>
<b>Total Check :</b>		<b>3500</b>	<b>% of Total workout :</b>			
	Primary		EN1/SP1/SP2		WEEK :	35
	Secondary		SP3		DAY :	3
	Maintnance		EN2			