

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	200 Breast 200 One arm Fly 200 Kick 100 Back	700	200 Breast 200 One arm Fly 200 Kick 100 Back	700	200 Breast 200 One arm Fly 200 Kick 100 Back	700
Sprint	4 x 25 Fly [4 strokes all out] 4 x 25 Bcak [6 strokes all out] 4 x 25 Breast [4 strokes all out] 4 x 25 Free [6 strokes all out]	600	4 x 25 Fly [4 strokes all out] 4 x 25 Bcak [6 strokes all out] 4 x 25 Breast [4 strokes all out] 4 x 25 Free [6 strokes all out]	600	4 x 25 Fly [4 strokes all out] 4 x 25 Bcak [6 strokes all out] 4 x 25 Breast [4 strokes all out] 4 x 25 Free [6 strokes all out]	600
	50 Easy between each 4		50 Easy between each 4		50 Easy between each 4	
Mian S.	2 x [4 x 150 Choice on 2:15] 100% Treshold	1200	2 x [3 x 150 Choice on 2:50] 100% Treshold	900	2 x [4 x 100 Choice on 2:15] 100% Treshold	800
	100 Easy between sets	400	100 Easy between sets	400	100 Easy between sets	400
Hyox.	10 x 50 Free on 1:00 [no breath first 25]	500	8 x 50 Free on 1:10 [no breath first 25]	400	8 x 50 Free on 1:15 [no breath first 25]	400
W.D.	100 Easy	100	100 Easy	100	100 Easy	100
Total		3500		3100		3000
Total Check :		3500	% of Total workout :			
	Primary		EN1/EN2		WEEK :	36
	Secondary		EN3		DAY :	5
	Maintnance		SP3			