

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	400 Drills 400 Free [breath every 4th]	800	300 Drills 300 Free [breath every 4th]	600	300 Drills 300 Free [breath every 4th]	600
Sprint	8 x 25 IM on 0:45 [10 All out + 15 easy]	200	8 x 25 IM on 0:45 [10 All out + 15 easy]	200	8 x 25 IM on 0:45 [10 All out + 15 easy]	200
Kick	8 x 25 IM Kick on 0:50 [Fast solid kick]	200	8 x 25 IM Kick on 0:50 [Fast solid kick]	200	8 x 25 IM Kick on 0:50 [Fast solid kick]	200
	100 Easy	100	100 Easy	100	100 Easy	100
Main S.	4 x [5 x 100 Choice on 1:30] Desc. 1-5	2000	4 x [5 x 75 Choice on 1:30] Desc. 1-5	1500	4 x [5 x 75 Choice on 1:30] Desc. 1-5	1500
	100 Easy between sets	400	100 Easy between sets	400	100 Easy between sets	400
Pull	2 x 500 Free Pull on 7:30 Frist average Second hard	1000	2 x 400 Free Pull on 7:30 Frist average Second hard	800	2 x 300 Free Pull on 7:30 Frist average Second hard	600
W.D.	200 Easy	200	200 Easy	200	200 Easy	200
Total		4900		4000		3800
Total Check :		4900	% of Total workout :			
	Primary		EN3 / SP1		WEEK :	41
	Secondary		SP2 / SP3		DAY :	5
	Maintnance		EN1 / EN2 / REC			