

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	200 Breast 200 Breast Kick 200 Breas Pull	600	200 Breast 200 Breast Kick 200 Breas Pull	600	200 Breast 200 Breast Kick 200 Breas Pull	600
Kick	16 x 50 Kick on 1:10 1,2,3 - Free 4 - Breast	800	14 x 50 Kick on 1:15 1,2,3 - Free 4 - Breast	700	12 x 50 Kick on 1:20 1,2,3 - Free 4 - Breast	600
	100 Easy	100	100 Easy	100	100 Easy	100
Sprint	16 x 25 Choice on 0:50 [6 strokes all out + easy]	400	16 x 25 Choice on 0:50 [6 strokes all out + easy]	400	16 x 25 Choice on 0:50 [6 strokes all out + easy]	400
	100 Easy	100	100 Easy	100	100 Easy	100
Main S.	2 x [6 x 200 Choice on 4:00 1,2 - 80-90% of Max S. 3 - 90% of Max S.]	2400	2 x [5 x 200 Choice on 4:30 1,2 - 80-90% of Max S. 3 - 90% of Max S.]	2000	2 x [6 x 150 Choice on 4:00 1,2 - 80-90% of Max S. 3 - 90% of Max S.]	1800
	100 Easy	100	100 Easy	100	100 Easy	100
Pull/ Hypox	10 x 50 Pull/Hypox on 1:00	500	10 x 50 Pull/Hypox on 1:00	500	10 x 50 Pull/Hypox on 1:00	500
W.D.	100 Easy	100	100 Easy	100	100 Easy	100
Total		5100		4600		4300
Total Check :		5100	% of Total workout :			
	Primary		SP1/SP2		WEEK :	44
	Secondary		SP3		DAY :	3
	Maintnance		EN1 / EN2 / REC			