

	ce		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	400 Swim 400 Drills 200 Kick	1000	300 Swim 300 Drills 200 Kick	800	200 Swim 200 Drills 200 Kick	600
	8 x 25 on 0:45 alt 3 strokes fly/ 3 strokes breast	200	8 x 25 on 0:45 alt 3 strokes fly/ 3 strokes breast	200	8 x 25 on 0:45 alt 3 strokes fly/ 3 strokes breast	200
	8 x 25 Kick on 0:45 even - alt side kick odd - free or fly no board	200	8 x 25 Kick on 0:45 even - alt side kick odd - free or fly no board	200	8 x 25 Kick on 0:45 even - alt side kick odd - free or fly no board	200
Main S.	8 x 150 Choice on 2:30 104-107 of Treshold	1200	8 x 150 Choice on 3:00 104-107 of Treshold	1200	6 x 150 Choice on 4:00 104-107 of Treshold	900
	100 easy	100	100 easy	100	100 easy	100
Kick	16 x 50 Kick Choice on 1:10	800	14 x 50 Kick Choice on 1:20	700	12 x 50 Kick Choice on 1:30	600
	16 x 50 Pull Free on 1:00	800	14 x 50 Pull Free on 1:15	700	12 x 50 Pull Free on 1:30	600
Pull	2 x 500 Pull	1000	2 x 400 Pull	800	2 x 300 Pull	600
W.D.	200 Warm down	200	200 Warm down	200	200 Warm down	200
Total		5500		4900		4000
Total Check :		5500	% of Total workout :			
	Primary		SP1/SP2		WEEK :	45
	Secondary		SP3		DAY :	5
	Maintnance		EN1 / EN2 / REC			