

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	4 x 100 IM Swim 4 x 100 IM Kick	800	4 x 100 IM Swim 3 x 100 IM Kick	700	3 x 100 IM Swim 3 x 100 IM Kick	600
Kick	20 x 25 Kick on 1:00  100 Esay	500  100	20 x 25 Choice on 1:00  100 Esay	500  100	20 x 25 Choice on 1:00  100 Esay	500  100
Main S.	4 x 600 Free on 8:00 [ 95 % of Treshold ]  100 Esay	2400  100	4 x 500 Free on 8:00 [ 95 % of Treshold ]  100 Esay	2000  100	4 x 400 Free on 8:00 [ 95 % of Treshold ]  100 Esay	1600  100
Hypox.	600 Hypox.	600	500 Hypox.	500	400 Hypox.	400
W.D.	100 Easy	100	100 Easy	100	100 Easy	100
<b>Total</b>		<b>4600</b>		<b>4000</b>		<b>3400</b>
<b>Total Check :</b>		<b>4600</b>	<b>% of Total workout :</b>			
	Primary		EN1		WEEK :	1
	Secondary		EN2		DAY :	1
	Maintnance		SP3			