

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	400 Swim 400 Kick	800	400 Swim 300 Kick	700	300 Swim 300 Kick	600
Sprint	4 x [8 x 25 IM on 0:30 alt. 25 Swim / 25 Kick Each stroke in group of 8]	1000	4 x [8 x 25 IM on 0:30 alt. 25 Swim / 25 Kick Each stroke in group of 8]	1000	4 x [8 x 25 IM on 0:30 alt. 25 Swim / 25 Kick Each stroke in group of 8]	1000
	50 Easy beteen each set		50 Easy beteen each set		50 Easy beteen each set	
Main S.	4 x [4 x 50 Choice on 0:50 Desc. 1 - 4]	1200	4 x [3 x 50 Choice on 1:00 Desc. 1 - 3]	1000	4 x [3 x 50 Choice on 1:10 Desc. 1 - 3]	1000
	100 Easy between sets		100 Easy between sets		100 Easy between sets	
Main S.	6 x 200 Free Pull on 2:45 Desc. 1 - 3	1200	5 x 200 Free Pull on 3:15 Desc. 1 - 5	1000	6 x 150 Free Pull on 3:15 Desc. 1 - 3	900
	100 Easy	100	100 Easy	100	100 Easy	100
Hypox.	12 x 50 Free Hypox. On 0:55 25 no breath	600	8 x 50 Free Hypox. On 1:15 25 one breath	400	8 x 50 Free Hypox. On 1:15 25 one breath	400
W.D.	200 Easy	200	200 Easy	200	200 Easy	200
Total		5100		4400		4200
Total Check :		5100	% of Total workout :			
	Primary		EN1		WEEK :	1
	Secondary		EN2		DAY :	7
	Maintnance		SP3			