

	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
Kick	8 x 25 Kick on 0:55 [Back Kick Fly]	200	8 x 25 Kick on 0:55 [Back Kick Fly]	200	8 x 25 Kick on 0:55 [Back Kick Fly]	200
	8 x 25 Kick on 0:50 [Flatter Kick on the side]	200	8 x 25 Kick on 0:50 [Flatter Kick on the side]	200	8 x 25 Kick on 0:50 [Flatter Kick on the side]	200
	100 Easy	100	100 Easy	100	100 Easy	100
Main S.	40 x 50 Choice on 0:50 [95% of Treshold]	2000	30 x 50 Choice on 1:05 [95% of Treshold]	1500	24 x 50 Choice on 1:20 [95% of Treshold]	1200
	100 Easy	100	100 Easy	100	100 Easy	100
Pull	1000 Free Pull Every 4th 50 hard	1000	800 Free Pull Every 4th 50 hard	800	600 Free Pull Every 4th 50 hard	600
W.D.	200 Easy	200	200 Easy	200	200 Easy	200
Total		4600		3700		3200
Total Check :		4600	% of Total workout :			
	Primary		EN1		WEEK :	2
	Secondary		EN2		DAY :	5
	Maintnance		SP3			