

	ce		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
Swim	20 x 25 Free on 0:30 Turn and jum on red line	500	20 x 25 Free on 0:30 Turn and jum on red line	500	20 x 25 Free on 0:30 Turn and jum on red line	500
	100 Esay	100	100 Esay	100	100 Esay	100
Main S.	6 x 400 Free on 6:30 [95 % of Treshold]	2400	5 x 400 Free on 7:00 [95 % of Treshold]	2000	4 x 400 Free on 7:30 [95 % of Treshold]	1600
	100 Esay	100	100 Esay	100	100 Esay	100
	20 x 25 Breast on 0:35 Minimum number of strokes	500	20 x 25 Breast on 0:35 Minimum number of strokes	500	20 x 25 Breast on 0:35 Minimum number of strokes	500
Drills	600 Drills	600	500 Drills	500	400 Drills	400
W.D.	100 Easy	100	100 Easy	100	100 Easy	100
Total		5100		4500		3900
Total Check :		5100	% of Total workout :			
	Primary		EN1		WEEK :	2
	Secondary		EN2		DAY :	7
	Maintnance		SP3			