

	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
Sprint	10 x [25 Fly, breath every 3rd + 25 Easy Back] on 0:45	500	10 x [25 Fly, breath every 3rd + 25 Easy Back] on 0:45	500	10 x [25 Fly, breath every 3rd + 25 Easy Back] on 0:45	500
Kick	10 x 50 Kick on 1:15	500	10 x 50 Kick on 1:15	500	8 x 50 Kick on 1:25	400
	100 Esay	100	100 Esay	100	100 Esay	100
Main S.	2 x 50 Choice on 1:00 2 x 100 Choice on 2:00 2 x 150 Choice on 2:30 2 x 200 Choice on 3:15 2 x 250 Choice on 4:00 2 x 300 Choice on 4:15 2 x 350 Choice on 5:30 In groups of 2 :1 easy , 1 fast	2700	2 x 50 Choice on 1:00 2 x 100 Choice on 2:00 2 x 150 Choice on 2:45 2 x 200 Choice on 3:30 2 x 250 Choice on 4:15 2 x 300 Choice on 4:45 1 x 400 Choice negative split In groups of 2 :1 easy , 1 fast	2500	2 x 50 Choice on 1:15 2 x 100 Choice on 2:15 2 x 150 Choice on 3:00 2 x 200 Choice on 3:45 2 x 250 Choice on 4:30 2 x 300 Choice on 5:00 1 x 300 Choice negative split In groups of 2 :1 easy , 1 fast	2400
Hypox.	10 x 50 Hypoxic on 1:00	500	10 x 50 Hypox on 1:05	500	10 x 50 Hypox on 1:10	500
W.D.	100 Easy	100	100 Easy	100	100 Easy	100
Total		5300		5000		4700
Total Check :		5300	% of Total workout :			
	Primary		EN1/EN2		WEEK :	3
	Secondary		EN3		DAY :	7
	Maintnance		SP3			