

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	4 x 200 IM	800	4 x 200 IM	800	3 x 200 IM	600
	10 x 50 Free on 1:15 [Flip turn and jump at red line]	500	10 x 50 Free on 1:15 [Flip turn and jump at red line]	500	10 x 50 Free on 1:15 [Flip turn and jump at red line]	500
Sprint	16 x 25 on 0:50 Odd - Breast Arms + Fly Kick Even - Free	400	16 x 25 on 0:50 Odd - Breast Arms + Fly Kick Even - Free	400	16 x 25 on 0:50 Odd - Breast Arms + Fly Kick Even - Free	400
	100 Esay	100	100 Esay	100	100 Esay	100
Main S.	2 x [5 x 200 Choice on 3:30] Desc. 1 - 5	2000	2 x [4 x 200 Choice on 4:00] Desc. 1 - 4	1600	2 x [5 x 150 Choice on 3:30] Desc. 1 - 5	1500
	100 Easy between sets	200	100 Easy between sets	200	100 Easy between sets	200
Pull	800 Pull Free	800	700 Pull Free	700	600 Pull Free	600
W.D.	100 Easy	100	100 Easy	100	100 Easy	100
Total		4900		4400		4000
Total Check :		4900	% of Total workout :			
	Primary		EN1/EN2		WEEK :	4
	Secondary		EN3		DAY :	3
	Maintnance		SP3		*this workout can be changed without previous notification	