

	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 S.	8 x 25 Kick on 0:45 [all out from the wall 10m]	200	8 x 25 Kick on 0:45 [all out from the wall 10m]	200	8 x 25 Kick on 0:45 [all out from the wall 10m]	200
	10 x 50 Free on 1:15 [first 25 run to the red line second 25 run backwards from the red line]	500	10 x 50 Free on 1:15 [first 25 run to the red line second 25 run backwards from the red line]	500	10 x 50 Free on 1:15 [first 25 run to the red line second 25 run backwards from the red line]	500
Main S.	8 x 100 Back on 2:00 Desc. 1 - 4	800	7 x 100 Back on 2:20 Desc. 1 - 4 and 1 - 3	700	6 x 100 Back on 2:40 Desc. 1 - 3	600
	100 Easy	100	100 Easy	100	100 Easy	100
	8 x 100 Free on 2:00 [Long Stroke - count]	800	8 x 100 Free on 2:00 [Long Stroke - count]	800	8 x 100 Free on 2:00 [Long Stroke - count]	800
	100 Easy	100	100 Easy	100	100 Easy	100
Main S.	4 x 400 Free on 6:15 [95% of Treshold]	1600	4 x 350 Free on 6:15 [95% of Treshold]	1400	4 x 300 Free on 6:15 [95% of Treshold]	1200
W.D.	200 Easy	200	200 Easy	200	200 Easy	200
Total		5100		4600		4300
Total Check :		5100	% of Total workout :			
	Primary		EN1/EN2		WEEK :	4
	Secondary		EN3		DAY :	5
	Maintnance		SP3	*this workout can be changed without previous notification		