

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	4 x 200 IM reverse order	800	4 x 200 IM reverse order	800	3 x 200 IM reverse order	600
Kick	16 x 25 Kick on 0:50 Odd - Free no board, stay underwater of 20 kicks Even - Back, stay underwa- ter for 8 dolphin kicks	400	16 x 25 Kick on 0:50 Odd - Free no board, stay underwater of 20 kicks Even - Back, stay underwa- ter for 8 dolphin kicks	400	16 x 25 Kick on 0:50 Odd - Free no board, stay underwater of 20 kicks Even - Back, stay underwa- ter for 8 dolphin kicks	400
	100 Easy	100	100 Easy	100	100 Easy	100
Main S.	2 x [5 x 200 Choice on 3:30] Negative split 5 sec.	2000	2 x [5 x 200 Choice on 3:45] Negative split 5 sec.	1600	2 x [5 x 150 Choice on 3:30] Negative split 5 sec.	1500
	100 Easy between sets	200	100 Easy between sets	200	100 Easy between sets	200
Pull	600 Pull	600	500 Pull	500	400 Pull	400
W.D.	100 Easy	100	100 Easy	100	100 Easy	100
Total		4200		3700		3300
Total Check :		4200	% of Total workout :			
	Primary		EN1/EN2		WEEK :	5
	Secondary		EN3		DAY :	3
	Maintnance		SP3	*this workout can be changed without previous notification		