

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	6 x 100 IM	600	5 x 100 IM	500	4 x 100 IM	100
Kick	16 x 50 Kick on 1:10 in groups of 4: 1 - free no board 2 - free on the side 3 - back 4 - back fly	800	16 x 50 Kick on 1:10 in groups of 4: 1 - free no board 2 - free on the side 3 - back 4 - back fly	800	16 x 50 Kick on 1:10 in groups of 4: 1 - free no board 2 - free on the side 3 - back 4 - back fly	800
	100 Easy	100	100 Easy	100	100 Easy	100
Main S.	2 x [12 x 50 Choice on 0:50 in groups of 4: 1 and 2 - easy 3 and 4 - fast]	1200	2 x [12 x 50 Choice on 1:00 in groups of 4: 1 and 2 - easy 3 and 4 - fast]	1400	2 x [10 x 50 Choice on 1:10 in groups of 4: 1 and 2 - easy 3 and 4 - fast]	1200
	100 Easy between sets	200	100 Easy between sets	200	100 Easy between sets	200
Main S.	6 x 100 Free on 2:00 1st and 3rd 25 build 2nd and 4th 25 easy	600	6 x 100 Free on 2:10 1st and 3rd 25 build 2nd and 4th 25 easy	600	6 x 100 Free on 2:20 1st and 3rd 25 build 2nd and 4th 25 easy	600
	100 Easy	100	100 Easy	100	100 Easy	100
Pull / Hypox.	400 Pull - breath 2 times per 25	400	400 Pull - breath 3 times per 25	400	300 Pull - breath 4 times per 25 [Last 25 the fastest]	300
W.D.	100 Easy	100	100 Easy	100	100 Easy	100
Total		4100		4200		3500
Total Check :		4100	% of Total workout :			
	Primary		EN1/EN2		WEEK :	5
	Secondary		EN3		DAY :	5
	Maintenance		SP3	*this workout can be changed without previous notification		