

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	400 Swim 300 Kick	700	400 Swim 300 Kick	700	300 Swim 300 Kick	600
W.U.	4 x [ 8 x 25 IM on 0:30 alt. 25 Swim / 25 Kick Each stroke in group of 8 ]	800	4 x [ 8 x 25 IM on 0:30 alt. 25 Swim / 25 Kick Each stroke in group of 8 ]	800	4 x [ 8 x 25 IM on 0:30 alt. 25 Swim / 25 Kick Each stroke in group of 8 ]	800
	50 Easy beteen each set	200	50 Easy beteen each set	200	50 Easy beteen each set	200
Main S.	4 x [ 4 x 50 Choice on 0:50 ]	800	4 x [ 3 x 50 Choice on 1:00 ]	600	4 x [ 3 x 50 Choice on 1:10 ]	600
	50 Easy beteen each set	200	50 Easy beteen each set	200	50 Easy beteen each set	200
Main S.	6 x 200 Free Pull on 2:45	1200	5 x 200 Free Pull on 3:15	1000	6 x 150 Free Pull on 3:15	900
	100 Easy	100	100 Easy	100	100 Easy	100
Hypox.	12 x 50 Free Hypox. On 0:55 25 no breath	600	8 x 50 Free Hypox. On 1:15 25 one breath	400	8 x 50 Free Hypox. On 1:15 25 one breath	400
W.D.	100 Easy	100	100 Easy	100	100 Easy	100
<b>Total</b>		<b>4700</b>		<b>4100</b>		<b>3900</b>
<b>Total Check :</b>		<b>4700</b>	<b>% of Total workout :</b>			
	Primary		EN1		WEEK :	1
	Secondary		EN2		DAY :	7
	Maintnance		SP3			