

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	4 x 100 IM Swim 4 x 100 Each Stroke	800	4 x 100 IM Swim 3 x 100 Each Stroke	700	3 x 100 IM Swim 3 x 100 Each Stroke	600
Kick	20 x 25 Kick on 1:00 100 Easy	500 100	20 x 25 Choice on 1:00 100 Easy	500 100	20 x 25 Choice on 1:00 100 Easy	500 100
Main S.	6 x 600 Free on 8:00 [95% of treshold speed] 100 Easy	3600 100	6 x 500 Free on 8:00 [95% of treshold speed] 100 Easy	3000 100	6 x 400 Free on 8:00 [95% of treshold speed] 100 Easy	2400 100
Hypox.	6 x 100 Hypox.	600	5 x 100 Hypox	500	4 x 100 Hypox	400
W.D.	100 Easy	100	100 Easy	100	100 Easy	100
Total		5800		5000		4200
Total Check :		5800	% of Total workout :			
	Primary		EN1		WEEK :	3
	Secondary		EN2		DAY :	1
	Maintnace		SP3			