

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	200 Breast 200 Kick 200 Free	600	200 Breast 200 Kick 200 Free	600	200 Breast 100 Kick 200 Free	500
Sprint	8 x 50 Free build on 1:15	400	8 x 50 Free build on 1:15	400	6 x 50 Free build on 1:25	300
	100 Easy	100	100 Easy	100	100 Easy	100
Mian S.	6 x [4 x 100 Choice on 2:00] 1,2,3 easy, 4 FAST!	2400	6 x [4 x 100 Choice on 2:00] 1,2,3 easy, 4 FAST!	2400	6 x [4 x 75 Choice on 2:00] 1,2,3 easy, 4 FAST!	1800
	100 Easy between sets	600	100 Easy between sets	600	100 Easy between sets	600
Hyox.	10 x 50 Free on 1:00 [one breath for each 25]	500	8 x 50 Free on 1:10 [one breath for each 25]	400	8 x 50 Free on 1:15 [one breath for each 25]	400
W.D.	100 Easy	100	100 Easy	100	100 Easy	100
Total		4700		4600		3800
Total Check :		4700	% of Total workout :			
	Primary		EN1/EN2		WEEK :	6
	Secondary		EN3		DAY :	5
	Maintnance		SP3	*this workout		