

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	200 Fly 100 Back 100 Breast 200 Free	600	200 Fly 100 Back 100 Breast 200 Free	600	100 One arm Fly 100 Back 100 Breast 200 Free	500
	100 Easy	100	100 Easy	100	100 Easy	100
Main S.	2 x [4 x 50 Choice on 0:40] Go hard to the point of failing	400	2 x [4 x 50 Choice on 0:50] Go hard to the point of failing	400	2 x [4 x 50 Choice, 5 sec. Rest] Go hard to the point of failing	400
	100 Easy between sets	200	100 Easy between sets	200	100 Easy between sets	200
Pull	16 x 50 Free Pull on 0:50 Desc. 1 - 4	800	14 x 50 Free Pull on 1:00 Desc. 1 - 4	700	12 x 50 Free Pull on 1:10 Desc. 1 - 4	600
Kick	8 x 50 Kick on 1:15 Odd - Back Fly Even - Free	400	8 x 50 Kick on 1:15 Odd - Back Fly Even - Free	400	8 x 50 Kick on 1:20 Odd - Back Fly Even - Free	400
Hypox.	600 Hypox.	600	500 Hypox.	500	400 Hypox.	400
W.D.	100 Easy	100	100 Easy	100	100 Easy	100
Total		3200		3000		2700
Total Check :		3200	% of Total workout :			
	Primary		EN1/EN2		WEEK :	7
	Secondary		EN3		DAY :	3
	Maintnance		SP3			