

MONDAY			TUESDAY			WEDNESDAY			
1000	WARM UP - ALT 100m PULL BREATHE PER 3 / 100M KCK.	1000	500	WARM UP	500	500	WARM UP	500	
			400	FR	85%	400	500 KCK - 4TH <b>HARD</b>	75-78%	500
500	FR - BREATHE PER 3,4	75%	500	100 FR	75%	100	600 FR	90%	600
			600	FR	85%	600	500 KCK - 4TH <b>HARD</b>	75-78%	500
			100	FR	75%	100	400 FR	90%	400
3x 400	FR. ALL OUT. 2min R.I.	>90%	1200	800 FR	85%	800	500 KCK - 4TH <b>HARD</b>	75-78%	500
				100 FR	75%	100	200 FR	90%	200
				1000 FR	85%	1000	<b>60s R.I. BETWEEN EACH</b>		
1000	FR - BREATHE PER 3,4	75%	1000	100 FR	75%	100			
				<b>30s R.I. BETWEEN EACH</b>					
400	WARM DOWN		400	400 WARM DOWN		400	500 WARM DOWN		500
			<b>4100</b>			<b>4100</b>			<b>3700</b>
THURSDAY			FRIDAY			SATURDAY			
400	WARM UP - <b>ALT 50 FR / 50 BCK</b>	400	500	WARM UP - <b>ALT 50 FR / 50 BCK</b>	500	300	WARM UP	300	
1500	FR.	85%	1500	500 FR - BREATHE <b>PER 3</b>	75%	500	500 FR.	85%	500
500	KCK	<b>75%</b>	500	6x 200 FR. <3min, OFF 3:30min	>90%	1200	500 FR - BREATHE <b>PER 3</b>	75%	500
1500	FR.	85%	1500	1000 FR - BREATHE <b>PER 3</b>	75%	1000	2000 FR.	85%	2000
							500 FR - BREATHE <b>PER 3</b>	75%	500
400	WARM DOWN		400	400 WARM DOWN		400	400 WARM DOWN		400
			<b>4300</b>			<b>3600</b>			<b>4200</b>