

| | Group I | | Group II | | Group III | |
|----------------------|---|-------------|---|--------|---|--------|
| | Set | meters | Set | meters | Set | meters |
| W.U. | 4 x 200 IM | 800 | 4 x 200 IM | 800 | 3 x 200 IM | 600 |
| Sprint | 16 x 25 on 0:50 Odd - Fly Even - Backstroke Fly | 400 | 16 x 25 on 0:50 Odd - Fly Even - Backstroke Fly | 400 | 16 x 25 on 0:50 Odd - Fly Even - Backstroke Fly | 400 |
| | 100 Esay | 100 | 100 Esay | 100 | 100 Esay | 100 |
| Main S. | 20 x 100 Free on 1:30 100% Treshold Speed | 2000 | 16 x 100 Free on 1:30 100% Treshold Speed | 1600 | 12 x 100 Free on 2:30 100% Treshold Speed | 1200 |
| | 100 Easy between sets | 200 | 100 Easy between sets | 200 | 100 Easy between sets | 200 |
| Drills | 600 Drills | 600 | 600 Pull Free | 600 | 600 Pull Free | 600 |
| W.D. | 100 Easy | 100 | 100 Easy | 100 | 100 Easy | 100 |
| Total | | 4200 | | 3800 | | 3200 |
| Total Check : | | 4200 | % of Total workout : | | | |
| | Primary | | EN1/EN2 | | WEEK : | 3 |
| | Secondary | | EN3 | | DAY : | 3 |
| | Maintnance | | SP3 | | | |