

| | Group I | | Group II | | Group III | |
|----------------------|---|-----------------|---|-----------------|---|-----------------|
| | Set | meters | Set | meters | Set | meters |
| W.U. | 4 x 100 IM Swim 4 x 100 IM Kick | 800 | 4 x 100 IM Swim 3 x 100 IM Kick | 700 | 3 x 100 IM Swim 3 x 100 IM Kick | 600 |
| Kick | 10 x 50 Kick on 1:15 100 Esay | 500 100 | 10 x 50 Kick on 1:15 100 Esay | 500 100 | 8 x 50 Kick on 1:25 100 Esay | 400 100 |
| Main S. | 3 x 800 Free on 11:00 [95 % of Treshold] 100 Esay | 2400 100 | 3 x 700 Free on 11:00 [95 % of Treshold] 100 Esay | 2100 100 | 3 x 600 Free on 11:00 [95 % of Treshold] 100 Esay | 1800 100 |
| Sprint | 10 x [25 Fly, breath every 3rd + 25 Easy Back] on 0:45 | 500 | 10 x [25 Fly, breath every 3rd + 25 Easy Back] on 0:45 | 500 | 10 x [25 Fly, breath every 3rd + 25 Easy Back] on 0:45 | 500 |
| W.D. | 100 Easy | 100 | 100 Easy | 100 | 100 Easy | 100 |
| Total | | 4500 | | 4100 | | 3600 |
| Total Check : | | 4500 | % of Total workout : | | | |
| | Primary | | EN1/EN2 | | WEEK : | 3 |
| | Secondary | | EN3 | | DAY : | 7 |
| | Maintnance | | SP3 | | | |