

| | Group I | | Group II | | Group III | |
|----------------------|---|-------------|---|-------------|---|-------------|
| | Set | meters | Set | meters | Set | meters |
| W.U. | 200 Breast 200 One arm Fly 200 Kick 100 Back | 700 | 200 Breast 200 One arm Fly 200 Kick 100 Back | 700 | 200 Breast 200 One arm Fly 200 Kick 100 Back | 700 |
| Sprint | 4 x 25 Fly [4 strokes all out] 4 x 25 Bcak [6 strokes all out] 4 x 25 Breast [4 strokes all out] 4 x 25 Free [6 strokes all out] | 600 | 4 x 25 Fly [4 strokes all out] 4 x 25 Bcak [6 strokes all out] 4 x 25 Breast [4 strokes all out] 4 x 25 Free [6 strokes all out] | 600 | 4 x 25 Fly [4 strokes all out] 4 x 25 Bcak [6 strokes all out] 4 x 25 Breast [4 strokes all out] 4 x 25 Free [6 strokes all out] | 600 |
| | 50 Easy between each 4 | | 50 Easy between each 4 | | 50 Easy between each 4 | |
| Mian S. | 4 x [4 x 150 Choice on 2:15] 100% Treshold | 2400 | 4 x [3 x 150 Choice on 2:50] 100% Treshold | 1800 | 4 x [4 x 100 Choice on 2:15] 100% Treshold | 1600 |
| | 100 Easy between sets | 400 | 100 Easy between sets | 400 | 100 Easy between sets | 400 |
| Hyox. | 10 x 50 Free on 1:00 [no breath first 25] | 500 | 8 x 50 Free on 1:10 [no breath first 25] | 400 | 8 x 50 Free on 1:15 [no breath first 25] | 400 |
| W.D. | 100 Esay | 100 | 100 Esay | 100 | 100 Esay | 100 |
| Total | | 4700 | | 4000 | | 3800 |
| Total Check : | | 4700 | % of Total workout : | | | |
| | Primary | | EN1/EN2 | | WEEK : | 15 |
| | Secondary | | EN3 | | DAY : | 5 |
| | Maintnance | | SP3 | | | |