

| | Group I | | Group II | | Group III | |
|----------------------|--|-------------|---|-------------|---|-------------|
| | Set | meters | Set | meters | Set | meters |
| W.U. | 800 Free | 800 | 700 Free | 700 | 600 Free | 500 |
| Sprint | 8 x 25 Kick on 0:50 [25 all out + 25 easy] | 200 | 8 x 25 Kick on 0:50 [25 all out + 25 easy] | 200 | 8 x 25 Kick on 0:50 [25 all out + 25 easy] | 200 |
| | 8 x 25 Choice on 0:45 [25 all out + 25 easy] | 200 | 8 x 25 Choice on 0:45 [25 all out + 25 easy] | 200 | 8 x 25 Choice on 0:45 [25 all out + 25 easy] | 200 |
| | 100 Esay | 100 | 100 Esay | 100 | 100 Esay | 100 |
| Main S. | 2 x [10 x 100 Free Pull on 1:30] Odd -104 - 107 of Treshold Even -Build starting very slow | 2000 | 2 x [8 x 100 Free Pull on 1:50] Odd -104 - 107 of Treshold Even -Build starting very slow | 1600 | 2 x [7 x 100 Free Pull on 2:00] Odd -104 - 107 of Treshold Even -Build starting very slow | 1400 |
| | 100 Easy between sets | 200 | 100 Easy between sets | 200 | 100 Easy between sets | 200 |
| Kick | 12 x 50 Kick on 1:15 [Fast from the wall] | 600 | 12 x 50 Kick on 1:15 [Fast from the wall] | 600 | 12 x 50 Kick on 1:15 [Fast from the wall] | 600 |
| W.D. | 100 Esay | 100 | 100 Esay | 100 | 100 Esay | 100 |
| Total | | 4200 | | 3700 | | 3300 |
| Total Check : | | 4200 | % of Total workout : | | | |
| | Primary | | EN1/EN2 | | WEEK : | 16 |
| | Secondary | | EN3 | | DAY : | 7 |
| | Maintnance | | SP3 | | | |