

| | Group I | | Group II | | Group III | |
|----------------------|---|---|---|---|--|---|
| | Set | meters | Set | meters | Set | meters |
| W.U. | 200 Swim 200 Kick 200 Pull | 600 | 200 Swim 200 Kick 200 Pull | 600 | 200 Swim 100 Kick 200 Pull | 500 |
| Sprint | 10 x 25 Fly on 1:00 | 250 | 10 x 25 Fly on 1:00 | 250 | 10 x 25 Fly on 1:00 | 250 |
| | 100 Esay | 100 | 100 Esay | 100 | 100 Esay | 100 |
| | 10 x 25 Choice Fast on 1:00 | 250 | 10 x 25 Choice Fast on 1:00 | 250 | 10 x 25 Choice Fast on 1:00 | 250 |
| Kick | 4 x 100 Kick on 2:30 | 400 | 4 x 100 Kick on 2:30 | 400 | 4 x 100 Kick on 2:30 | 400 |
| | First - Free Second- Alt. Back/Side Back every 25 | | First - Free Second- Alt. Back/Side Back every 25 | | First - Free Second- Alt. Back/Side Back every 25 | |
| Mian S. | 5 x [4 x 100 Choice on 2:00] Negative split | 2000 | 5 x [4 x 100 Choice on 2:15] Negative split | 2000 | 5 x [4 x 75 Choice on 2:15] 50 Treshold Speed + 25 Fast | 1500 |
| | 100 Easy between sets | 400 | 100 Easy between sets | 400 | 100 Easy between sets | 400 |
| | Drills | 6 x 100 Free [minimum number of strokes] | 600 | 6 x 100 Free [minimum number of strokes] | 600 | 6 x 100 Free [minimum number of strokes] |
| W.D. | 100 Esay | 100 | 100 Esay | 100 | 100 Esay | 100 |
| Total | | 4700 | | 4700 | | 4100 |
| Total Check : | | 4700 | % of Total workout : | | | |
| | Primary | | EN1/EN2 | | WEEK : | 17 |
| | Secondary | | EN3 | | DAY : | 5 |
| | Maintnance | | SP3 | | | |