

| | Group I | | Group II | | Group III | |
|----------------------|---|-------------|---|-------------|--|-------------|
| | Set | meters | Set | meters | Set | meters |
| W.U. | 8 x 100 Alt. Swim/Kick every 100 | 800 | 7 x 100 Alt. Swim/Kick every 100 | 700 | 6 x 100 Alt. Swim/Kick every 100 | 600 |
| Sprint | 12 x 25 Alt. Fly/Choice on 1:00 [12.5 all out + 12.5 easy] | 300 | 12 x 25 Alt. Fly/Choice on 1:00 [12.5 all out + 12.5 easy] | 300 | 12 x 25 Alt. Fly/Choice on 1:00 [12.5 all out + 12.5 easy] | 300 |
| | 100 Esay | 100 | 100 Esay | 100 | 100 Esay | 100 |
| Main S. | 4 x [6 x 75 Choice on 2:00] 1,2 - 90-100% of Max Speed 3 - Easy | 1800 | 4 x [6 x 75 Choice on 2:10] 1,2 - 90-100% of Max Speed 3 - Easy | 1800 | 4 x [4 x 75 Choice on 2:20] Odd - 90-100% of Max Speed Even - Easy | 1200 |
| | 100 Easy between sets | 400 | 100 Easy between sets | 400 | 100 Easy between sets | 400 |
| Kick | 20 x 50 Kick on 1:30 Alt. Free/Back each 50 Every 5th - Easy Swim | 1000 | 20 x 50 Kick on 1:30 Alt. Free/Back each 50 Every 5th - Easy Swim | 1000 | 20 x 50 Kick on 1:30 Alt. Free/Back each 50 Every 5th - Easy Swim | 1000 |
| | 100 Esay | 100 | 100 Esay | 100 | 100 Esay | 100 |
| W.D. | 100 Easy between sets | 200 | 100 Easy between sets | 200 | 100 Easy between sets | 200 |
| Total | | 4700 | | 4600 | | 3900 |
| Total Check : | | 4700 | % of Total workout : | | | |
| | Primary | | EN1/SP1/SP2 | | WEEK : | 33 |
| | Secondary | | SP3 | | DAY : | 5 |
| | Maintnance | | EN2 | | | |