

| | Group I | | Group II | | Group III | |
|----------------------|--|-------------|--|-------------|---|-------------|
| | Set | meters | Set | meters | Set | meters |
| W.U. | 300 Swim 300 Kick 300 Pull | 900 | 300 Swim 200 Kick 200 Pull | 700 | 200 Swim 200 Kick 200 Pull | 600 |
| Kick | 8 x 50 Free Kick 1:10 | 400 | 8 x 50 Free Kick 1:10 | 400 | 8 x 50 Free Kick 1:10 | 400 |
| | 100 Easy | 100 | 100 Easy | 100 | 100 Easy | 100 |
| Main S. | 2 x [6 x 150 Choice on 4:00] Swim Fast 1st and 3rd 50 | 1800 | 2 x [6 x 150 Choice on 4:00] Swim Fast 1st and 3rd 50 | 1800 | 2 x [6 x 125 Choice on 4:00] Swim Fast 1st and last 25 | 1500 |
| | 200 Easy between sets | 400 | 200 Easy between sets | 400 | 200 Easy between sets | 400 |
| Kick | 400 Kick Alt. Free and Back shoulder up every 50 | 400 | 400 Kick Alt. Free and Back shoulder up every 50 | 400 | 400 Kick Alt. Free and Back shoulder up every 50 | 400 |
| Hypox. | 16 x 50 Hypox. On 1:00 [2 breaths per 25] | 800 | 16 x 50 Hypox. On 1:00 [3 breaths per 25] | 800 | 16 x 50 Hypox. On 1:00 [4 breaths per 25] | 800 |
| W.D. | 100 Easy | 100 | 100 Easy | 100 | 100 Easy | 100 |
| Total | | 4900 | | 4700 | | 4300 |
| Total Check : | | 4900 | % of Total workout : | | | |
| | Primary | | EN1/SP1/SP2 | | WEEK : | 34 |
| | Secondary | | SP3 | | DAY : | 3 |
| | Maintenance | | EN2 | | | |