

| | Group I | | Group II | | Group III | |
|----------------------|--|-------------|--|-------------|--|-------------|
| | Set | meters | Set | meters | Set | meters |
| W.U. | 2 x 400 IM | 800 | 2 x 400 IM | 800 | 3 x 200 IM | 600 |
| Sprint | 8 x 25 Choice on 0:45 Odd - Fast Even - Easy | 200 | 8 x 25 Choice on 0:45 Odd - Fast Even - Easy | 200 | 8 x 25 Choice on 0:45 Odd - Fast Even - Easy | 200 |
| Main S. | 3 x [8 x 50 Choice on 1:15] Odd - Easy Even - Fast | 1200 | 3 x [8 x 50 Choice on 1:15] Odd - Easy Even - Fast | 1200 | 3 x [8 x 50 Choice on 1:15] Odd - Easy Even - Fast | 1200 |
| | 100 Easy between sets | 300 | 100 Easy between sets | 300 | 100 Easy between sets | 300 |
| Pull | 16 x 50 Pull on 1:00 Desc. 1 - 4 | 800 | 14 x 50 Pull on 1:10 Desc. 1 - 4 | 700 | 12 x 50 Pull on 1:20 Desc. 1 - 4 | 600 |
| Kick | 16 x 50 Kick on 1:10 Desc. 1 - 4 | 800 | 14 x 50 Kick on 1:20 Desc. 1 - 4 | 700 | 12 x 50 Kick on 1:30 Desc. 1 - 4 | 600 |
| W.D. | 100 Easy | 100 | 100 Easy | 100 | 100 Easy | 100 |
| Total | | 4200 | | 4000 | | 3600 |
| Total Check : | | 4200 | % of Total workout : | | | |
| | Primary | | EN1/SP1/SP2 | | WEEK : | 34 |
| | Secondary | | SP3 | | DAY : | 7 |
| | Maintenance | | EN2 | | | |