

| | Group I | | Group II | | Group III | |
|----------------------|--|-------------|--|--------|--|--------|
| | Set | meters | Set | meters | Set | meters |
| W.U. | 800 W.U. Choice | 800 | 700 W.U. Choice | 700 | 600 W.U. Choice | 600 |
| Kick | 16 x 25 kick on 0:40 1,2,3 - medium 4 - sprint all out | 400 | 16 x 25 kick on 0:40 1,2,3 - medium 4 - sprint all out | 400 | 16 x 25 kick on 0:40 1,2,3 - medium 4 - sprint all out | 400 |
| Drills | 600 Catch up. No breath after turn | 600 | 400 Catch up. No breath after turn | 400 | 300 Catch up. No breath after turn | 300 |
| Main S. | 15 x 50 Choice on 0:55 1 - easy 2 - easy 3 - fast | 750 | 12 x 50 Choice on 1:05 1 - easy 2 - easy 3 - fast | 600 | 10 x 50 Choice on 1:20 1 - easy 2 - easy 3 - fast | 500 |
| | 100 easy | 100 | 100 easy | 100 | 100 easy | 100 |
| | 15 x 100 Choice on 1:45 1 - easy 2 - easy 3 - fast | 1500 | 12x 100 Choice on 2:10 1 - easy 2 - easy 3 - fast | 1200 | 10 x 100 Choice on 2:40 1 - easy 2 - easy 3 - fast | 1000 |
| | 100 easy | 100 | 100 easy | 100 | 100 easy | 100 |
| Bonus S | 10 x 25 Fly on 0:45 | 250 | 10 x 25 Fly on 0:45 | 250 | 10 x 25 Fly on 0:45 | 250 |
| W.D. | 200 Warm down | 200 | 200 Warm down | 200 | 200 Warm down | 200 |
| Total | | 4700 | | 3950 | | 3450 |
| Total Check : | | 4700 | % of Total workout : | | | |
| | Primary | | SP1/SP2 | | WEEK : | 48 |
| | Secondary | | SP3 | | DAY : | 3 |
| | Maintnance | | EN1 / EN2 / REC | | | |