

| | ce | | Group II | | Group III | |
|----------------------|--|-------------|--|-------------|--|-------------|
| | Set | meters | Set | meters | Set | meters |
| W.U. | 4 x 100 IM Swim 4 x 100 IM Kick | 800 | 4 x 100 IM Swim 3 x 100 IM Kick | 700 | 3 x 100 IM Swim 3 x 100 IM Kick | 600 |
| Sprint | 20 x 25 Kick IM on 1:00 | 500 | 20 x 25 Kick IM on 1:00 | 500 | 20 x 25 Kick IM on 1:00 | 500 |
| | 100 Esay | 100 | 100 Esay | 100 | 100 Esay | 100 |
| Main S. | 4 x 50 Choice on 1:00 4 x 100 Choice on 1:45 4 x 200 Choice on 3:00 4 x 100 Choice on 1:45 4 x 50 Choice on 1:00 | 2000 | 4 x 50 Choice on 1:00 4 x 100 Choice on 1:45 4 x 150 Choice on 3:00 4 x 100 Choice on 1:45 4 x 50 Choice on 1:00 | 1800 | 4 x 50 Choice on 1:00 4 x 75 Choice on 1:45 4 x 150 Choice on 3:15 4 x 75 Choice on 1:45 4 x 50 Choice on 1:00 | 1600 |
| | 100 Easy between sets | 200 | 100 Easy between sets | 200 | 100 Easy between sets | 200 |
| Hypox. | 600 Hypox. | 600 | 500 Hypox. | 500 | 400 Hypox. | 400 |
| W.D. | 100 Easy | 100 | 100 Easy | | 100 Easy | 100 |
| Total | | 4300 | | 3800 | | 3500 |
| Total Check : | | 4300 | % of Total workout : | | | |
| | Primary | | EN3 / SP1 | | WEEK : | 39 |
| | Secondary | | SP2 / SP3 | | DAY : | 7 |
| | Maintnance | | EN1 / EN2 / REC | | | |