

| | 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 | 6 x 100 Kick on 2:30 Odd - Kick on side Even - Free | 600 | 6 x 100 Kick on 2:30 Odd - Kick on side Even - Free | 600 | 4 x 100 Kick on 2:45 Odd - Kick on side Even - Free | 400 |
| | 100 Easy | 100 | 100 Easy | 100 | 100 Easy | 100 |
| Main S. | 12 x 100 Choice on 2:30 80-90% Maximum Speed every 4th slow | 1200 | 10 x 100 Choice on 2:45 80-90% Maximum Speed every 3rd slow | 1000 | 8 x 100 Choice on 3:00 80-90% Maximum Speed every 4th slow | 800 |
| | 200 Easy | 200 | 200 Easy | 200 | 100 Easy | 100 |
| Drills | 8 x 100 Drills | 800 | 8 x 100 Drills | 800 | 5 x 100 Drills | 500 |
| Pull | 20 x 50 Free Pull on 0:50 | 1000 | 16 x 50 Free Pull on 1:00 | 800 | 12 x 50 Free Pull on 1:20 | 600 |
| W.D. | 200 Easy | 200 | 200 Easy | 200 | 100 Easy | 100 |
| Total | | 5000 | | 4400 | | 3200 |
| | | | | | WEEK : | 10 |
| | | | | | DAY : | 3 |