

| | Group I | | Group II | | Group III | |
|--------------|---|-------------|---|-------------|---|-------------|
| | Set | meters | Set | meters | Set | meters |
| W.U. | 800 Drills | 800 | 600 Drills | 600 | 600 Drills | 600 |
| Sprint | 4 x [4 x 25 Choice on 0:25 fast] | 400 | 4 x [4 x 25 Choice on 0:25 fast] | 400 | 4 x [4 x 25 Choice on 0:30 fast] | 400 |
| | 50 Easy between sets | 200 | 50 Easy between sets | 200 | 50 Easy between sets | 200 |
| Kick | 16 x 25 Kick IM on 0:45 Odd - Easy Even - Fast | 400 | 16 x 25 Kick IM on 0:45 Odd - Easy Even - Fast | 400 | 12 x 25 Kick IM on 1:00 Odd - Easy Even - Fast | 300 |
| | 100 Easy | 100 | 100 Easy | 100 | 100 Easy | 100 |
| Main S. | 2 x [4 x 100 Choice on 1:45] Hold 104-107 of Treshold S. | 800 | 2 x [4 x 100 Choice on 2:00] Hold 104-107 of Treshold S. | 800 | 2 x [3 x 100 Choice on 2:15] Hold 104-107 of Treshold S. | 600 |
| | 100 Easy between sets | 200 | 100 Easy between sets | 200 | 100 Easy between sets | 200 |
| Pull | 10 x 50 Free Pull on 1:00 1-3: easy, easy, fast | 500 | 10 x 50 Free Pull on 1:15 1-3: easy, easy, fast | 500 | 10 x 50 Free Pull on 1:30 1-3: easy, easy, fast | 500 |
| W.D. | 200 Easy | 200 | 200 Easy | 200 | 200 Easy | 200 |
| Total | | 3600 | | 3400 | | 3100 |