

| | 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 4 x 100 IM Kick | 800 | 3 x 100 IM Swim 3 x 100 IM Kick | 600 | |
| Sprint | 8 x [25 IM on 0:45 All out + 50 Drills on 1:00] | 600 | 8 x [25 IM on 0:45 All out + 50 Drills on 1:00] | 600 | 8 x [25 IM on 0:45 All out + 50 Drills on 1:00] | 600 | |
| Sprint | 8 x 25 Choice on 0:45 Odd - 12.5 sprint Even - Alternate Fly/Br | 200 | 8 x 25 Choice on 0:45 Odd - 12.5 sprint Even - Alternate Fly/Br | 200 | 8 x 25 Choice on 0:45 Odd - 12.5 sprint Even - Alternate Fly/Br | 200 | |
| Main S. | 6 x [50 drill on 1:00 25 fast on 1:00 75 free slow on 1:30 25 fast on 1:00 75 drill] | 1500 | 6 x [50 drill on 1:00 25 fast on 1:00 75 free slow on 1:30 25 fast on 1:00 75 drill] | 1500 | 6 x [50 drill on 1:00 25 fast on 1:00 75 free slow on 1:30 25 fast on 1:00 75 drill] | 1500 | |
| | 8 x 50 Kick/Drills on 1:20 Odd - Kick Even - Drills | 400 | 8 x 50 Kick/Drills on 1:20 Odd - Kick Even - Drills | 400 | 8 x 50 Kick/Drills on 1:20 Odd - Kick Even - Drills | 400 | |
| Hypx | 500 Hypox | 500 | 400 Hypox | 400 | 300 Hypox | 300 | |
| W.D. | 200 Warm down | 200 | 200 Warm down | | 200 Warm down | | |
| Total | | 4200 | | 3900 | | 3600 | |
| | | | | | | WEEK : | 24 |
| | | | | | | DAY : | 3 |