

monday							tuesday							wednesday							thursday							friday							saturday							sunday							
anc							aec1							anc							aec1							anc							aep							rest							
3x200 Fins [1x Fs/Bk, 1x K/Sw, 1x 25 uw/75 Swim with red zone turns] 8x50 Fins/Pd SA-SA-Sprint-Rec 2x100 25m Fly i8/75m i2 2x 8x50 2x Rope Fins, 2x Sw 20m i7 SD/30m i2 400 kick Neg split 2x100 Sw (25m Pstr i7/25 m i) @2min							3x200 Fins [1x Fs/Bk, 1x K/Sw, 1x 25 uw/75 Swim with red zone turns] 8x50 Fins/Pd SA-SA-Sprint-Rec 2x100 25m Fly i8/75m i2 MiddleDistance #NEC 8x100 Fins 2x BoB 2x Sw 50Bf/50Fs 8x300m odd pull even sw @4min 4:15 8x50 Fly 2 on 1 off @60							3x200 8x50 Fins/Pd SA-SA-Sprint-Rec 8x100 Kick Desc 1-4 Hold 4 @2/1:50 Sprint 6x 400 i2 @6min 2x50 i7 @1:30 2-2-2 4x100 Kick 4x50 Pull 25m i7 Pstr/25m scull							3x200 8x50 Fins/Pd SA-SA-Sprint-Rec 2x100 25m Fly i8/75m i2 8x100 Fins 2x BoB 2x Sw 50Bf/50Fs 8x200@2:40/2:50 4x Puyll, 4x Sw 100Fs/50Bk/50BC5 #MiddleDistance #NEC 8x100@1:40 50 Stroke i3/50Fs i2 Sprint							3x200 Fins [1x Fs/Bk, 1x K/Sw, 1x 25 uw/75 Swim with red zone turns] 12x50 @60 25K/25Slow, 25K/25acc 25K/25Slow 25Fast/25rec 3x200 kick 6x100 Rope 6x50 @1:10 4x20m i7/ 30m i1 Band/Pd, 2x30m i7/20m i1Pd							3x200 8x50 (25K/25Slow, 25K/25acc 25K/25Slow 25Fast/25rec) 2x100 25 Bf i7/75sw i1 5x300 1x i2, 1x i3, 1x i4, 1x i2, 1x i5 200 Kick 5x200 1x i2, 1x i3, 1x i4, 1x i2, 1x i5 200 Kick 5x100 1x i2, 1x i3, 1x i4, 1x i2, 1x i5							rest							
I-II	III-IV	V	VI	VII	VIII		I-II	III-IV	V	VI	VII	VIII		I-II	III-IV	V	VI	VII	VIII		I-II	III-IV	V	VI	VII	VIII		I-II	III-IV	V	VI	VII	VIII		I-II	III-IV	V	VI	VII	VIII		I-II	III-IV	V	VI	VII	VIII		
4.1	0	0	0	0.3	0.1		5.1	0	0	0	0	0.1		4.9	0	0	0	0.7	0		5.3	0	0	0	0	0.1		4.1	0	0	0	0.4	0		4.2	1.2	0.6	0	0.1	0		0	0	0	0	0	0	0	
rest							aec1							rest							aec1							rest							rest							rest							
rest							3x200 Fs/Bk, K/Sw, 25 SS/75Sw 8x50 Fins [foil/BoB, DPK/Side, 25 fast/25 BkK, 50 rec] 2x100 25m uw kick Fly i8/75m i2 4x 2x150 Fs/Bk/K 2x50 odd Red zone turn, even 5in/15 out race pace							rest							3x200 Fs/Bk, K/Sw, 25 SS/75Sw 8x50 Fins [foil/BoB, DPK/Side, 25 fast/25 BkK, 50 rec] 2x100 25m uw kick Fly i8/75m i2 2x 3x25 Pd i7 @60 25 rec BC0 50 i7 Sw @60 300 i2 @5min							rest							rest							rest							
I-II	III-IV	V	VI	VII	VIII		I-II	III-IV	V	VI	VII	VIII		I-II	III-IV	V	VI	VII	VIII		I-II	III-IV	V	VI	VII	VIII		I-II	III-IV	V	VI	VII	VIII		I-II	III-IV	V	VI	VII	VIII		I-II	III-IV	V	VI	VII	VIII		
0	0	0	0	0	0		5.9	0	0	0	0.1	0.1		0	0	0	0	0	0	0		5	0	0	0	0.3	0.1		0	0	0	0	0	0		0	0	0	0	0	0		0	0	0	0	0	0	0