monday	tuesday	wednesday	thursday	friday	saturday	sunday
aec23	**aec1**	**rest**	**aec1**	**anc**	**aep**	**rest**

Warm up
  300 ch
  4x75 25 bk kick/25 bk/25 fl kick
  300 25 im kick/50 fr swim
  6x50 im
  300 fr drill
  12x25 i8/i1, i1/i8, i1, i8
 	
Main set i3
  1500 fr kick fins @21:00
  1200 fr @15:00
	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
		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
				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
						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
2	4.5	0	0	0	0.2	6.3	0	0	0	0	0.1	0	0	0	0	0	0	5.6	0	0	0	0.3	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

rest	**aec1**	**rest**	**rest**	**aec23**	**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	rest	Warm up
				  600 ch 200 swim/100 kick
				  6x50 ch drill/swim
				  6x50 fr @0:50 i2/i3/i4
				
				Main set
				  2x
				    4x150 @2:00 i4
				    50 @1:20
				  2x
				    5x100 @1:20 i4
				    50 @1:20
					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	0	0	0	0	0	3.3	3	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0