monday	tuesday	wednesday	thursday	friday	saturday	sunday
aec23	aec1	anc	аер	aec23	rest	rest
Warm up	600 Fz (200m Fs/Bk/100m BoB)	Fz:600 75m sw/25m K	2x(300-2x100 D/Sw-2x50 EFF)	Warm up		
300 vf		3x	2 rounds of:	300 fr		
8x50 Fins 30m uw/20m swim	1200 Fins/Pd 200fs/100Bk	4x25m drill @40	4x50 Pull Desc II_V BC 4-1	4x75 im kick/drill/swim		
8x100 1-4 25m drill/75m		50 BC/Acc	Pa:2x100 (25m VII acc/60m	300 200 fr/100 im		
swim, 5-8 25m fl kick/75 swim	6x50 fins 20m i8 Fly /30m i1	50Turn @60	II/20m VII)	6x50 fr drill		
	@1:15			300 100 fr/200 im	rest	rest
Main set	3x400 Pull	ANC	Video D25 - 50m Turn	12x25 kick i8/i1	lest	lest
50 fr i3 @0:45	3x200 Sw La 1 @2:45	2x				
300 im i3 @4:10	6x100 Sw La 1,5 @1:30	3x25 Pd i7 @1:15		Main set		
50 fr i3 @0:45		175 i1	30x100 Swim @1:30/1:40/1:50	4x200 fr i2@2:35		
100 fr i3 @1:25			2xII, 2xIII-IV, 1xV	8x50 fl i3 @55		
		8x200 2x Pull 1st last BC 2x		3x200 fr i2 @2:35		
I-II III-IV V VI VII VIII	I-II III-IV V VI VII VIII					I-II III-IV V VI VII VIII
3.4 3.7 0 0 0 0	6.2 0 0 0 0.2 0.1	5.1 0 0 0 0.5 0	0 4.2 1.2 0.6 0 0.1 0	3.7 2.3 0 0 0 0.2	0 0 0 0 0 0	0 0 0 0 0 0
aec1	aec1	rest	rest	rest	rest	rest
•	600 Fins					
3x100 fs 75 drill 25 acc						
	2x800 odd pull even Sw					
200 s+r	150fs/50Bk					
400 i4	4x100 Kick i2					
200 easy	4x50 Kick 1x i2, 2x i3, 1x i5	rest	rest	rest	rest	rest
200 i4						
250 easy	2x800 odd pull even Sw im					
150 i4	4x100 Fins 75m D/25m acc					
200 easy	@1:40					
100 i4	4x50 Sw 2x i4 1x i1 1x i5					
	I-II III-IV V VI VII VIII		I-II III-IV V VI VII VIII	I-II III-IV V VI VII VIII		
3.4 0.9 0 0.1 0 0	5.7 0.2 0.1 0 0 0.1	0 0 0 0 0 0	0 0 0 0 0 0	0 0 0 0 0 0	0 0 0 0 0 0	0 0 0 0 0 0