

| WEEK 2 | GROUP 3 | SUNDAY |
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| Warm Up | SWITCH STROKES EACH 50 SWIM 400 on 60RI , SWIM 300 on 60RI , SWIM 200 on 60RI , SWIM 100 on 60RI | 1000 |
| Main 1 | SWITCH STROKES EACH 25 SWIM 300 on 50RI , SWIM 200 on 50RI , SWIM 100 on 50RI | 1600 |
| Main 2 | SWIM 200 FREE on 40RI SWIM 100 FREE on 40RI FIN KICK 8 x 50 on 1:15 , ODDS Kick last 8m Underwater, EVENS Kick last 5m Underwater | 2300 |
| Swim Down | SWIM 100 Own Choice | 2400 |