

	Training unit I	Training unit II	Training unit III
Training phase I: warm-up	4 x 100 metres (any stroke)	1 x 200 metres (any stroke)	1 x 200 metres (any stroke)
Training phase II: Techniques and speed	<ul style="list-style-type: none"> <li>• 6 x 50 metres with alternating kicks (break: 10 sec.)</li> <li>• 6 x 50 Meter with alternating arm strikes (break: 10 sec.)</li> </ul>	<ul style="list-style-type: none"> <li>• 3 x 300 metres: 100 metres armwork, 100 Meter legwork (break: 30 sec.)</li> <li>• 3 x 200 metres: 100 metres crawl with speed increase and 100 metres backstroke (break: 30 sec.)</li> </ul>	<ul style="list-style-type: none"> <li>• 4 x 150 metres: 50 metres legwork, 50 metres armwork (break: 20 sec.)</li> <li>• 8 x 50 metres with speed increase (break: 30 sec.)</li> <li>• 1 x 100 metres at a slow pace</li> </ul>
Training phase III: Endurance	5 x 200 metres or 10x 100 metres (break: 10 sec.)	6 x 100 metres (break: 30 sec.)	8 x 100 metres or 4 x 200 metres
Training phase IV: Relaxation	2 x 100 metres (break: 10 sec.)	2 x 400 metres (break: 60 sec.)	1 x 400 metres