

2.5km

| STROKE | NO. OF LENGTHS | DESCRIPTION |
|------------------------------------|----------------|--------------------------------|
| WARM UP | | |
| 100m Free | 4 | Steady warm up 600m |
| 50m Breast | 2 | |
| 100m Free | 4 | |
| 50m Kick | 2 | |
| 100m Free | 4 | |
| 50m Back | 2 | |
| 100m Free | 4 | |
| 50m Drill | 2 | |
| MAIN SET | | |
| 3 x 400m | | Medium - Rest 30 between 400s |
| 1) Free - every 4th Back | 16 | |
| 2) Free - every 4th Breast | 16 | |
| 3) Free - every 4th Kick | 16 | |
| 6 x 50m Free/Pull alternate | 12 | Hard - rest 15 secs |
| 4 x 25m Fly | 4 | Hard - rest 10 secs |
| 4 x 25m Kick | 4 | Hard - rest 10 secs |
| WARM DOWN | | |
| 1 x 200m Your choice | 8 | Easy |
| TOTAL | 100 | So ends today's service |

2.0km

| STROKE | NO. OF LENGTHS | DESCRIPTION |
|-----------------------------|----------------|--------------------------------|
| WARM UP | | |
| 100m Free | 4 | Steady warm up 450m |
| 50m Breast | 2 | |
| 100m Free | 4 | |
| 50m Kick | 2 | |
| 100m Free | 4 | |
| 50m Back | 2 | |
| MAIN SET | | |
| 3 x 400m | | Medium - Rest 30 between 400s |
| 1) Free - every 4th Back | 16 | |
| 2) Free - every 4th Breast | 16 | |
| 3) Free - every 4th Kick | 16 | |
| 3 x 50m Free/Pull alternate | 6 | Hard - rest 20 secs |
| 4 x 25m Kick | 4 | Hard - rest 15 secs |
| WARM DOWN | | |
| 1 x 100m Your choice | 4 | Easy |
| TOTAL | 80 | So ends today's service |

1.7km

| STROKE | NO. OF LENGTHS | DESCRIPTION |
|----------------------------|----------------|----------------------------------|
| WARM UP | | |
| 100m Free | 4 | Steady warm up 300m |
| 50m Breast | 2 | |
| 100m Free | 4 | |
| 50m Kick | 2 | |
| MAIN SET | | |
| 3 x 400m | | Medium - Rest 1 min between 400s |
| 1) Free - every 4th Back | 16 | |
| 2) Free - every 4th Breast | 16 | |
| 3) Free - every 4th Kick | 16 | |
| 4 x 25m Kick | 4 | Hard - rest 15 secs |
| WARM DOWN | | |
| 1 x 100m Your choice | 4 | Easy |
| TOTAL | 68 | So ends today's service |