

| Group 1 | | | | Group 2 | | | | Group 3 | | | |
|---|------------------|-------|-----------------|---|------------------|-------|-----------------|---|------------------|-------|-----------------|
| 1 X 300 | Choice | Swim | 6:00 | 1 X 300 | Choice | Swim | 6:00 | 1 X 150 | Choice | Swim | 6:00 |
| 1 X 300 | Choice | Kick | 6:00 | 1 X 300 | Choice | Kick | 6:00 | 1 X 200 | Choice | Kick | 6:00 |
| 1 X 200 | Choice | Drill | 4:00 | 1 X 200 | Choice | Drill | 4:00 | 1 X 100 | Choice | Drill | 4:00 |
| 4 X 50 | Free | Swim | 1:00 | 4 X 50 | Free | Swim | 1:00 | 4 X 25 | Free | Swim | 1:00 |
| <i>1000</i> | | | <i>20:00</i> | <i>1000</i> | | | <i>20:00</i> | <i>550</i> | | | <i>20:00</i> |
| 10 X 100 | Free | Swim | 1:30 | 10 X 100 | Free | Swim | 1:30 | 10 X 50 | Free | Swim | 1:30 |
| | 100 Easy | | | | 100 Easy | | | | 100 Easy | | |
| <i>1100</i> | | | <i>15:00</i> | <i>1100</i> | | | <i>15:00</i> | <i>600</i> | | | <i>15:00</i> |
| 8 X 50 | Stroke | Swim | 1:15 | 8 X 50 | Stroke | Swim | 1:15 | 8 X 25 | Stroke | Swim | 1:15 |
| Odd - 25 Best Stroke/25 2nd Best Stroke Even - 50 Worst Stroke | | | | Odd - 25 Best Stroke/25 2nd Best Stroke Even - 50 Worst Stroke | | | | Odd - 25 Best Stroke/25 2nd Best Stroke Even - 50 Worst Stroke | | | |
| | 100 Easy | | | | 100 Easy | | | | 100 Easy | | |
| <i>500</i> | | | <i>10:00</i> | <i>500</i> | | | <i>10:00</i> | <i>300</i> | | | <i>10:00</i> |
| 8 X 75 | Free | Swim | 1:15 | 8 X 75 | Free | Swim | 1:15 | 8 X 50 | Free | Swim | 1:45 |
| <i>600</i> | | | <i>10:00</i> | <i>600</i> | | | <i>10:00</i> | <i>400</i> | | | <i>14:00</i> |
| 200 | Free | Swim | 4:00 | 200 | Free | Swim | 4:00 | 100 | Free | Swim | 2:30 |
| 3400 | 1.9 Miles | | 00:59:00 | 3400 | 1.9 Miles | | 00:59:00 | 1950 | 1.1 Miles | | 01:01:30 |