

| B | | | | | | | | | |
|-------|-----|-----|-------|----|--------|------------------------------|----------|---------|--|
| Menu | | Set | Cycle | 強度 | 種目 | 説明 | Distance | Time | |
| W-PU | | | | | | | | 0:10:00 | |
| 1) | S | 50 | × 6 | 1 | 0' 55" | 2 FR | 300 | 0:05:30 | |
| 2) | S | 50 | × 6 | 1 | 0' 50" | 3 FR | 300 | 0:05:00 | |
| 3) | S | 50 | × 6 | 1 | 0' 45" | 5 FR | 300 | 0:04:30 | |
| | | | 1 2 | | 0' 30" | | | 0:01:00 | |
| | K | 25 | × 6 | 1 | 0' 45" | 3 BA・FR ローリングキック 奇数→BA 偶数→FR | 150 | 0:04:30 | |
| | K/S | 50 | × 6 | 1 | 1' 00" | 3 FR K/Sby25 K→6サイト | 300 | 0:06:00 | |
| | P | 50 | × 6 | 1 | 1' 00" | 3 FR 大きい板を挟み フィニッシュ後タッチ | 300 | 0:06:00 | |
| | P | 100 | × 3 | 4 | 1' 25" | 5 FR パドル | 1200 | 0:17:00 | |
| | | | 1 3 | | 0' 30" | | | 0:01:30 | |
| | S | 25 | × 6 | 1 | 0' 40" | 1 BR ゆっくり泳ごう！ | 150 | 0:04:00 | |
| 1) | S | 200 | × 2 | 1 | 3' 20" | 3 FR 急がずに！ | 400 | 0:06:40 | |
| 2) | S | 100 | × 3 | 1 | 1' 40" | 3 FR | 300 | 0:05:00 | |
| 3) | S | 50 | × 6 | 1 | 0' 50" | 3 FR | 300 | 0:05:00 | |
| | | | 1 2 | | 0' 00" | | | 0:00:00 | |
| DW | | | | | | | | 0:05:00 | |
| Total | | | | | | | 4000 | 1:26:40 | |

| C | | | | | | | | | | |
|-------|-----|-----|-------|----|-------|------------------------------|----------|---------|--|---------|
| Menu | | Set | Cycle | 強度 | 種目 | 説明 | Distance | Time | | |
| W-PU | | | | | | | | | | 0:10:00 |
| 1) | S | 50 | × 6 | 1 | 1'00" | 2 FR | 300 | 0:06:00 | | |
| 2) | S | 50 | × 6 | 1 | 0'55" | 3 FR | 300 | 0:05:30 | | |
| 3) | S | 50 | × 6 | 1 | 0'50" | 5 FR | 300 | 0:05:00 | | |
| | | | | 1 | 2 | 0'30" | | | | 0:01:00 |
| | K | 25 | × 6 | 1 | 0'45" | 3 BA・FR ローリングキック 奇数→BA 偶数→FR | 150 | 0:04:30 | | |
| | K/S | 50 | × 6 | 1 | 1'00" | 3 FR K/Sby25 K→6サイト | 300 | 0:06:00 | | |
| | P | 50 | × 6 | 1 | 1'05" | 3 FR 大きい板を挟み フィニッシュ後タッチ | 300 | 0:06:30 | | |
| | P | 100 | × 3 | 3 | 1'35" | 5 FR パドル | 900 | 0:14:15 | | |
| | | | | 1 | 2 | 0'30" | | | | 0:01:00 |
| | S | 25 | × 6 | 1 | 0'40" | 1 BR ゆっくり泳ごう！ | 150 | 0:04:00 | | |
| 1) | S | 200 | × 2 | 1 | 3'40" | 3 FR 急がずに！ | 400 | 0:07:20 | | |
| 2) | S | 100 | × 3 | 1 | 1'50" | 3 FR | 300 | 0:05:30 | | |
| 3) | S | 50 | × 6 | 1 | 0'55" | 3 FR | 300 | 0:05:30 | | |
| | | | | 1 | 2 | 0'00" | | | | 0:00:00 |
| DW | | | | | | | | | | 0:05:00 |
| Total | | | | | | | 3700 | 1:27:05 | | |

| D | | | | | | | | | | | |
|-------|-----|-----|-----|-------|----|-------|----|----------|----------------------|---------|---------|
| Menu | | | Set | Cycle | 強度 | 種目 | 説明 | Distance | Time | | |
| W-PU | | | | | | | | | 0:10:00 | | |
| 1) | S | 50 | × | 6 | 1 | 1'00" | 2 | FR | 300 | 0:06:00 | |
| 2) | S | 50 | × | 6 | 1 | 0'55" | 3 | FR | 300 | 0:05:30 | |
| 3) | S | 50 | × | 3 | 1 | 0'50" | 5 | FR | 150 | 0:02:30 | |
| | | | | 1 | 2 | 0'30" | | | | 0:01:00 | |
| | K | 25 | × | 4 | 1 | 0'45" | 3 | BA・FR | ローリングキック 奇数→BA 偶数→FR | 100 | 0:03:00 |
| | K/S | 50 | × | 6 | 1 | 1'05" | 3 | FR | K/Sby25 K→6サイド | 300 | 0:06:30 |
| | P | 50 | × | 6 | 1 | 1'05" | 3 | FR | 大きい板を挟み フィニッシュ後タッチ | 300 | 0:06:30 |
| | P | 100 | × | 3 | 3 | 1'45" | 5 | FR | パドル | 900 | 0:15:45 |
| | | | | 1 | 2 | 0'30" | | | | 0:01:00 | |
| | S | 25 | × | 6 | 1 | 0'40" | 1 | BR | ゆっくり泳ごう！ | 150 | 0:04:00 |
| 1) | S | 200 | × | 2 | 1 | 4'00" | 3 | FR | 急がずに！ | 400 | 0:08:00 |
| 2) | S | 100 | × | 3 | 1 | 2'00" | 3 | FR | | 300 | 0:06:00 |
| 3) | S | 50 | × | 6 | 1 | 1'00" | 3 | FR | | 300 | 0:06:00 |
| | | | | 1 | 2 | 0'00" | | | | 0:00:00 | |
| DW | | | | | | | | | | 0:05:00 | |
| Total | | | | | | | | | 3500 | 1:26:45 | |

| E | | | | | | | | | | |
|-------|-----|-----|-----|-------|----|--------|------------------------------|----------|------|---------|
| Menu | | | Set | Cycle | 強度 | 種目 | 説明 | Distance | Time | |
| W-PU | | | | | | | | | | 0:10:00 |
| 1) | S | 50 | × | 6 | 1 | 1' 05" | 2 FR | 300 | | 0:06:30 |
| 2) | S | 50 | × | 6 | 1 | 1' 00" | 3 FR | 300 | | 0:06:00 |
| 3) | S | 50 | × | 3 | 1 | 0' 55" | 5 FR | 150 | | 0:02:45 |
| | | | | 1 | 2 | 0' 30" | | | | 0:01:00 |
| | K | 25 | × | 4 | 1 | 0' 50" | 3 BA・FR ローリングキック 奇数→BA 偶数→FR | 100 | | 0:03:20 |
| | K/S | 50 | × | 6 | 1 | 1' 10" | 3 FR K/Sby25 K→6サイト | 300 | | 0:07:00 |
| | P | 50 | × | 6 | 1 | 1' 10" | 3 FR 大きい板を挟み フィニッシュ後タッチ | 300 | | 0:07:00 |
| | P | 100 | × | 3 | 3 | 1' 55" | 5 FR パドル | 900 | | 0:17:15 |
| | | | | 1 | 2 | 0' 30" | | | | 0:01:00 |
| | S | 25 | × | 6 | 1 | 0' 45" | 1 BR ゆっくり泳ごう！ | 150 | | 0:04:30 |
| 1) | S | 200 | × | 1 | 1 | 4' 20" | 3 FR 急がずに！ | 200 | | 0:04:20 |
| 2) | S | 100 | × | 2 | 1 | 2' 10" | 3 FR | 200 | | 0:04:20 |
| 3) | S | 50 | × | 6 | 1 | 1' 05" | 3 FR | 300 | | 0:06:30 |
| | | | | 1 | 2 | 0' 00" | | | | 0:00:00 |
| DW | | | | | | | | | | 0:05:00 |
| Total | | | | | | | | 3200 | | 1:26:30 |

| F | | | | | | | | | | | |
|-------|-----|-----|-----|-------|----|-------|----|----------|----------------------|---------|---------|
| Menu | | | Set | Cycle | 強度 | 種目 | 説明 | Distance | Time | | |
| W-PU | | | | | | | | | | 0:10:00 | |
| 1) | S | 50 | × | 6 | 1 | 1'15" | 2 | FR | 300 | 0:07:30 | |
| 2) | S | 50 | × | 6 | 1 | 1'10" | 3 | FR | 300 | 0:07:00 | |
| 3) | S | 50 | × | 3 | 1 | 1'05" | 5 | FR | 150 | 0:03:15 | |
| | | | | 1 | 2 | 0'30" | | | | 0:01:00 | |
| | K | 25 | × | 4 | 1 | 0'50" | 3 | BA・FR | ローリングキック 奇数→BA 偶数→FR | 100 | 0:03:20 |
| | K/S | 50 | × | 6 | 1 | 1'20" | 3 | FR | K/Sby25 K→6サイト | 300 | 0:08:00 |
| | P | 50 | × | 6 | 1 | 1'20" | 3 | FR | 大きい板を挟み フィニッシュ後タッチ | 300 | 0:08:00 |
| | P | 100 | × | 3 | 2 | 2'05" | 5 | FR | パドル | 600 | 0:12:30 |
| | | | | 1 | 1 | 0'30" | | | | 0:00:30 | |
| | S | 25 | × | 6 | 1 | 0'45" | 1 | BR | ゆっくり泳ごう！ | 150 | 0:04:30 |
| 1) | S | 200 | × | 1 | 1 | 4'40" | 3 | FR | 急がずに！ | 200 | 0:04:40 |
| 2) | S | 100 | × | 2 | 1 | 2'20" | 3 | FR | | 200 | 0:04:40 |
| 3) | S | 50 | × | 6 | 1 | 1'15" | 3 | FR | | 300 | 0:07:30 |
| | | | | 1 | 2 | 0'00" | | | | 0:00:00 | |
| DW | | | | | | | | | | 0:05:00 | |
| Total | | | | | | | | | 2900 | 1:27:25 | |