High Speed Internet Access

Type of Service	Theoretical Throughput	Description
VDSL	52 Mbps (upstream) 12 Mbps (downstream)	Very high bit-rate Digital Subscriber Line, using 4 different frequency bands
ADSL	256 kbps – 24 Mbps (downstream) 64 kbps – 3.5 Mbps (upstream)	Asymmetric Digital Subscriber Line, 25.875 kHz to 138 kHz (upstream), 138 kHz - 1104 kHz (downstream)
SDSL	72-2320 kbps	Symmetric Digital Subscriber Line, 3 km max range
G.SHDSL	192-2304 kbps	Single-pair High-speed Digital Subscriber Line
TDM	64 kbps per channel frame	Time-Division Multiplexing, divided into DS0, DS1 (T1), DS2, DS3 (T3), DS4, DS5
RADSL	Varied	Rate-adaptive Digital Subscriber Line, adaptive upstream speed
FTTH	Varied	Fibre to the Home, using fibre-optic cables
ISDN	64 – 128 kbps	Integrated Services Digital Network, transmitting data over ordinary telephone copper wires
Cable modem		Using cable television infrastructure
- DOCSIS	384 kbps (upstream) 4 Mbps (downstream)	Data Over Cable Service Interface Specification, typically transfer rate is capped
- HFC	2 Mbps (upstream) 10 Mbps (downstream)	Hybrid Fibre Coaxial