

## Back stroke

### Y-1 Advanced

No	Time	Type	Description	Distance
1	10	Warmup	500 FR	500
2	20	Technique	8X (Drill back/drill front crawl by 25's + 50 swim)	1300
3	11	Threshold	5x100 FR sprint last 25, on 2:00	1800
4	8	Aerobic capacity	400 BK/FR	2200
5	10	Aerobic	8x50 pull FR on 1:05	2500
5	6	Aerobic capacity	300 back	2800
5	20	Aerobic	3x100 kick choice on 2:15 200 BK/FR :15 RI 4x50 BK/FR on 1:15 100 IM :15 RI 4 X 25 choice on :40	3700
6	4	Warmdown	200 easy	3900

## Back stroke

### Y-1 Experienced

No	Time	Type	Description	Distance
1	10	Warmup	500 FR	500
2	20	Technique	6X (Drill back/drill front crawl by 25's + 50 swim)	1100
3	11	Threshold	4x100 FR sprint last 25, on 2:15	1600
4	8	Aerobic capacity	400 BK/FR	2000
5	10	Aerobic	6x50 pull FR on 1:05	2300
5	6	Aerobic capacity	300 back	2500
5	20	Aerobic	2 x100 kick choice on 2:15 150 BK/FR :15 RI 4x50 BK/FR on 1:15 100 IM :15 RI 4 X 25 choice on :40	3250
6	4	Warmdown	200 easy	3450