

y-10 Experienced

Sprint

Event	Name	Description	Cumulative distance
1	Warmup	200fr; 200 kick; 200 pull	600
2	Endurance	6 (25 kick/25 swim/25 pull) non-stop	1050
3	Main	sprint ladder: 3 X (25 hard/25 easy+ 50 hard/50 easy+ 100 hard/100 easy+ 50 hard/50 easy + 25 hard/25 easy + 2 min rest) first time swim; second time pull; third time choice	2550
	warm down	200 easy swim	2750

y-10 advanced

Sprint

Event	Name	Description	Cumulative distance
1	Warmup	200fr; 200 kick; 200 pull	600
2	Endurance	8 (25 kick/25 swim/25 pull) non-stop	1200
3	Main	sprint ladder: 3 X (25 hard/25 easy+ 50 hard/50 easy+ 100 hard/100 easy+ 50 hard/50 easy + 25 hard/25 easy + 2 min rest) first time swim; second time pull; third kick	2700
	warm down	200 easy swim	2900