

Y-11 Advanced

No	Time	Type	Description	Distance
1	15	Warmup	Choice 200 Easy ; 200 Pull; 200 Kick; 200 IM easy	800
2	15	Technique	8 X 50 FR drill: catchup/side kick; fist/side kick; single arm/side kick; ripple/side kick; repeat <i>Keep face in water looking down arm during side kick</i>	1200
3	28	Endurance	5 X 100 IM :15 RI 400 choice :30 rest 3 X 100 IM :15 RI 200 choice :30 rest 1 X 100 IM :15 RI 100 easy	2800
4	8	Aerobic capacity	400 Kick: FR/stroke/FR/stroke by 25's - non-stop	3200
5	10	Threshold	2 X 50 FR on 1:30 fast! 1:00 rest 2 X100 FR on 3:00 fast and fastest! <i>Try to finish with best effort.</i>	3500
6	5	Warm down	200 easy	3700

y-11 Experienced

No	Time	Type	Description	Distance
1	15	Warmup	Choice 200 Easy ; 200 Pull; 200 Kick; 100 IM easy	700
2	15	Technique	8 X 50 FR drill: catchup/side kick; fist/side kick; single arm/side kick; ripple/side kick; repeat <i>Keep face in water looking down arm during side kick</i>	1100
3	28	Endurance	4 X 100 IM :15 RI 400 choice :30 rest 2 X 100 IM :15 RI 200 choice :30 rest 1 X 100 IM :15 RI 100 easy	2500
4	8	Aerobic capacity	300 Kick: FR/stroke/FR/stroke by 25's - non-stop	2800
5	10	Threshold	2 X 50 FR on 1:30 fast! 1:00 rest 2 X100 FR on 3:00 fast and fastest! <i>Try to finish with best effort.</i>	3100
6	5	Warmdown	200 easy	3300