

Y-12 Advanced

No	Time	Type	Description	Dist
1	10	Warmup	600 easy all four strokes	600
2	5	Technique	5 X 50 Kick: FL/BK; BK/BR; BR/FL; FL/BK: BK/BR no board	850
3	10	Alactic	10 X (12.5 very hard + 12.5 very easy + Rest :30) alternate FL/FR	1100
4	20	Endurance	12 X 100 FR on 1:45	2300
5	20	Threshold	12 x 50 choice very fast on 1:30; descend!	2900
6	10	Aerobic capacity	600 FR pull non-stop	3500
7	8	Anaerobic	2 X 100 IM <i>fast!</i> on 5:00	3700
8	4	Warmdown	200 easy	3900

1 minute rest between each event

Y-12 Experienced

No	Time	Type	Description	Dist
1	10	Warmup	500 easy all four strokes	500
2	5	Technique	4 X 50 Kick: FL/BK; BK/BR; BR/FL; FL/BK no board	700
3	10	Alactic	10 X (12.5 very hard + 12.5 very easy + Rest :30) alternate FL/FR	950
4	20	Endurance	10 X 100 FR on 2:00	1950
5	20	Threshold	10 x 50 choice very fast on 1:30; descend!	2450
6	10	Aerobic capacity	500 FR pull non-stop	2950
7	8	Anaerobic	2 X 100 IM <i>fast!</i> on 5:00	3150
8	4	Warmdown	200 easy	3350

1 minute rest between each event