

#Y-13 Advanced

No	Time	Type	Description	Distance
1	15	Warmup	200 Easy choice; 200 Pull; 100 IM easy; 200 Kick, IM order by 50's; 100IM easy	800
2	12	Technique	Front crawl drills 6 X 50	1100
3	25	Endurance	8 X 200: on 3:15 1-3, 5-7 FR, 4, 8 pull	2700
4	5	Aerobic capacity	200 social kick	2900
5	26	Threshold	2 (4 X 100 IM fast + 50 easy pull on 3:00)	3800
6	4	Warmdown	200 easy	4000

Y-13 Experienced

No	Time	Type	Description	Distance
1	15	Warmup	200 Easy choice; 200 Pull; 200 Kick, IM order by 50's; 100IM easy	700
2	12	Technique	Front crawl drills 6 X 50	1000
3	25	Endurance	8 X 200: on 3:30 1-3, 5-7 FR, 4, 8 Pull	2600
4	5	Aerobic capacity	200 social kick	2800
5	26	Threshold	2 (3 X 100 IM + 50 easy pull on 3:15)	3500
6	4	Warmdown	200 easy	3700