

No	Time	Type	Description	Distance
1	15	Warmup	200 Easy Choice; 200 FR Pull; 200 Kick; 2 X 100 IM easy	800
2	12	Technique	Sighting: 6 X 50 maintain body position	1100
3	28	Endurance	8 X (3X 75: FL/FR/FR; FR/BK/FR; FR/FR/BR RI :10 between 75's) :45 after each set of 3's.	2900
4	7	Aerobic capacity	400 FR pull non-stop	3300
5	15	Alactic	16 X 25 IM order: 12.5 full speed/ 12.5 very easy. RI :30	3700
6	5	Warm down	200 warm down/turn drills	3900

Y- 14 Experienced

9 June 2013

No	Time	Type	Description	Distance
1	15	Warmup	200 Easy Choice; 200 FR Pull; 200 Kick; 100 IM easy	700
2	12	Technique	Sighting: 6 X 50 maintain body position	1000
3	27	Endurance	6 X (3X 75: FL/FR/FR; FR/BK/FR; FR/FR/BR RI :10 between 75's) :45 after each set of 3's.	2350
4	7	Aerobic capacity	400 FR pull non-stop	2750
5	15	Alactic	12 X 25 IM order: 12.5 full speed/12.5 very easy RI :30	3050
6	5	Warmdown	200 warm down/turn drills	3250