

Y- 15

Advanced

No	Time	Type	Description	Dist
1	10	Warmup	200 FR; 200 PULL; 100 DRILL; 100 KICK	600
2	5	Technique	4 X 50 One arm: R/L on 25's: #1 breathe same side; #2 opposite side ; #3 BK; #4 FL	800
3	10	Alactic	10 X 25: Kick choice: 12.5 – full speed – easy to wall. Rest :30;	1050
4	20	Endurance	8 X (50 choice/FR + :10 sec rest +100 FR) :10 rest	2250
5	10	Anaerobic	3 X 100 FR very hard on 3:00	2700
6	8	Aerobic capacity	5 x (50 PULL/50 KICK) non-stop	3200
7	10	Threshold	12 X 25 choice on :35	3500
8	5	Warm down	200 easy	3700

1 minute rest between each event

Y-15 Experienced

No	Time	Type	Description	Dist
1	10	Warmup	200 FR; 100 PULL; 100 KICK	500
2	5	Technique	4 X 50 One arm: R/L on 25's: #1 breathe same side; #2 opposite side ; #3 BK; #4 FL	700
3	10	Alactic	10 X 25: Kick choice 12.5 – full speed – easy to wall. Rest :30;	950
4	20	Endurance	7 X (50 choice/FR + 100 FR +10 sec rest) RI :10	2000
5	15	Anaerobic	3 X 100 FR very hard on 3:30	2450
6	8	Aerobic capacity	4 x (50 PULL/50 KICK) non-stop	2850
7	10	Threshold	8 X 25 choice on :40	3050
8	5	Warm down	200 easy	3250

1 minute rest between each event