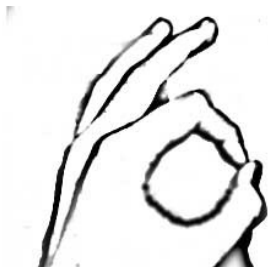


No	Time	Type	Description	Dist
1	15	Warmup	200 Swim choice; 200 easy IM; 200 kick by 50's IM order; 200 pull; 100 easy IM	900
2	15	Technique	4 X 50 IM order, closed fist; 4 X 50 IM order, tunnel	1300
3	25	Aerobic capacity	Broken 1500: 500, 400,300,200,100 :30 RI descend 100 pace for each distance	2800
4	6	Recovery	100 pull; sensitize; 100 pull;sensitize; 100 swim fast	3100
6	10	Threshold	8 X 50 FR fast on 1:30; press/rub fingers between 50's	3500
7	5	Warm down	200 easy swim	3700

*1 minute rest between each event*



Y-17 Experienced

## *Feel the water*

No	Time	Type	Description	Dist
1	15	Warmup	200 Swim choice; 100 easy IM; 200 kick by 50's IM order; 200 pull; 100 easy IM	800
2	15	Technique	4 X 50 IM order, closed fist; 4 X 50 IM order, tunnel	1200
3	25	Aerobic capacity	Broken 1200: 400,300,200,100 :30 RI descend 100 pace for each distance	2400
4	6	Recovery	100 pull; sensitize; 100 pull;sensitize; 100 swim fast	2700
6	10	Threshold	6 X 50 FR fast on 1:30; press/rub fingers between 50's	3000
7	5	Warm down	200 easy swim	3200

*1 minute rest between each event*

