

Y-18 Advanced

No	Time	Type	Description	Distance
1	15	Warmup	200 FR easy ; 200 BK; 200 Kick on back; 200 IM easy	800
2	25	Endurance	1) 8 X 50 alternate FR and FR/BK with :15 RI 2) 12 X 75 FR :15 RI	2100
3	12	Aerobic capacity	7 X (50 pull+50 kick) non-stop	2800
4	10	Alactic	10 X 25 choice: sprint 12.5 ; easy 12.5 ; rest :30	3050
5	20	Technique	10 x (Drill 25/swim 25) on 1:10 Alternate Br/FI	3550
6	5	Warm down	200 easy	3750

Y-18 Experienced

No	Time	Type	Description	Distance
1	15	Warmup	200 FR easy ; 200 BK; 200 Kick on back; 100 IM easy	700
2	25	Endurance	1) 8 X 50 alternate FR and FR/BK with :15 RI 2) 10 X 75 FR :15 RI	1850
3	12	Aerobic capacity	6 X 50 pull/50 kick non-stop	2450
4	10	Alactic	10 X 25 choice: sprint 12.5 ; easy 12.5 ; rest :30	2700
5	20	Technique	10 x (Drill 25/swim 25) on 1:15 Alternate Br/FI	3200
6	5	Warm down	200 easy	3400