

## Y-19 Advanced

No	Time	Type	Description	Dist
1	10	Warmup	200 FR; 200 Kick; 200 pull	600
2	5	Technique	3 x (50 Side kick no board + 50 one arm, breathe opposite)	900
3	10	Alactic	10 X (12.5 BR very hard + 12.5 double arm back easy + :30 rest)	1150
4	20	Endurance	12 X 100 Pull on 1:40	2350
5	15	Anaerobic	6 x (50 very fast choice + 100 easy non-stop + :30 rest) Get time for each 50. Hold pace!	3250
6	8	Aerobic capacity	50 FL/100 BR/150 BK/200 FR non-stop	3750
7	5	Warm down	200 easy	3950

*1 minute rest between each event*

## Y-19 Experienced

No	Time	Type	Description	dist
1	10	Warmup	200 FR; 200 Kick; 200 pull	600
2	5	Technique	3 x (50 Side kick no board +50 one arm, breathe opposite)	900
3	10	Alactic	10 X (12.5 BR very hard + 12.5 double arm back easy + :30 rest)	1150
4	20	Endurance	10 X 100 Pull on 1:45	2250
5	15	Anaerobic	5 x (50 very fast choice + 100 easy non-stop + :30 rest) Get time for each 50. Hold pace!	3000
6	8	Aerobic capacity	50 FL/75 BR/125 BK/150 FR non-stop	3400
8	5	Warmdown	200 easy	3800

*1 minute rest between each event*