

y-2 Advanced

No	Time	Type	Description	Distance
1	15	Warmup	Choice 200 Easy ; 200 IM easy; 200 IM Kick; 200 FR	800
2	15	Technique	4 X 50 Kick 1) BK sailboat position 2) BR with board - timing, breathing 3) BR without board 4) Flutter on side 4 X 50 single arm: 1) BK 2) FR breathe on same side 3) FR breathe on opposite side 4) FL	1200
3	18	Endurance	6 X [75 Non-FR (:10 RI) + 50 FR] :20 RI	1950
4	8	Aerobic capacity	500 fartlek: change leaders every 100. Leader determines speed and stroke	2450
5	9	Aerobic	4 X 125 FR as fast as you can hold on :10 RI	2950
6	20	Warmdown	6 X 50 FL/FR ascending on 1:10	3250

Y 2 Experienced

No	Time	Type	Description	Distance
1	15	Warmup	Choice 150 Easy ; 200 IM easy; 200 IM Kick; 150 FR	700
2	15	Technique	4 X 50 Kick 1) BK sailboat position 2) BR with board - timing, breathing 3) BR without board 4) Flutter on side 4 X 50 single arm: 1) BK 2) FR breathe on same side 3) FR breathe on opposite side 4) FL	1100
3	18	Endurance	5 X [75 Non-FR (:10 RI) + 50 FR] :20 RI (swim down last 25)	1750
4	8	Aerobic capacity	500 fartlek: change leaders every 100. Leader determines speed and stroke	2250
5	9	Aerobic	4 X 100 FR : as fast as you can hold on :10 RI!	2650
6	20	Warmdown	4X50 FL/FR ascending on 1:20	2850