

Y-20 Advanced

No	Time	Type	Description	Dist
1	15	Warmup	200 Swim choice; 200 pull; 200 kick by 50's IM order; 100 easy IM	700
2	10	Technique	6 X 50 Drill:	1000
3	40	Threshold/ aerobic capacity	4 X 50 descend on 1:10; 400 pull 4 X 50 descend on 1:10; 300 pull 4 X 50 descend on 1:10; 200 pull 4 X 50 descend on 1:10; 100 pull 1 minute rest between sets	2800
4	9	Anaerobic	8 X 25 kick fast on 1:00	3000
5	5	Warm down	200 easy swim	3200

1 minute rest between each event

Y-20 Experienced

No	Time	Type	Description	Dist
1	15	Warmup	200 Swim choice; 200 pull; 200 kick by 50's IM order;	600
2	10	Technique	6 X 50 Drill:	900
3	40	Threshold/ aerobic capacity	4 X 50 descend on 1:20; 400 pull 4 X 50 descend on 1:20; 300 pull 4 X 50 descend on 1:20; 200 pull 4 X 50 descend on 1:20; 100 pull 1 minute rest between sets	2700
4	9	Anaerobic	6 X 25 kick fast on 1:00	2850
5	5	Warmdown	200 easy swim	3050

1 minute rest between each event