

Y-21 Advanced

No	Time	Type	Description	Dist
1	15	Warmup	200 Swim choice; 200 pull; 200 kick IM	600
2	10	Technique	2 (3 X 50 Drill/Swim in IM order)	900
3	25	Endurance	10 X 150: first 25 easy – last 25 hard :20 rest interval	2400
4	8	Aerobic capacity	4 X 75 (Kick, swim, pull) non-stop	2700
5	14	Threshold	3 (8X 25: FL fast;FL easy; BK fast;BK easy; BR fast; BR easy; FR fast; FR easy) on :30	3300
6	5	Warm down	200 easy swim	3500

1 minute rest between each event

Y-21 Intermediate

No	Time	Type	Description	Dist
1	15	Warmup	200 Swim choice; 200 pull; 200 kick IM	600
2	10	Technique	2 (3 X 50 Drill/Swim in IM order)	900
3	25	Endurance	8 X 150: first 25 easy – last 25 hard :20 rest interval	2100
4	8	Aerobic capacity	4 X 75 (Kick, swim, pull) non-stop	2400
5	14	Threshold	2 (8X 25: FL fast;FL easy; BK fast;BK easy; BR fast; BR easy; FR fast; FR easy) on :30	2800
6	5	Warm down	200 easy swim	3000

1 minute rest between each event