

Y-22 Advanced

No	Time	Type	Description	Distance
1	15	Warmup	Choice: 200 Easy ; 200 Pull; 200 Kick; 100 BK; 100 BR; 100 IM	900
2	15	Technique	6 X 50 FR Drill	1200
3	25	Endurance	6 X (25FL/ 50FR/ 25BK/ 50FR/ 25 BR/50 FR + :20 RI)	2550
4	12	Aerobic capacity	600 FR pull	3150
5	10	Alactic	8 X 25 choice : very hard first 12.5, then easy to wall. :30 RI	3350
6	5	Warmdown	200 Easy	3550

Y-22 Experienced

No	Time	Type	Description	Distance
1	15	Warmup	Choice: 200 Easy ; 200 Pull; 150 Kick; 75 BK; 75 BR; 100 IM	800
2	15	Technique	6 X 50 FR Drill	1100
3	25	Endurance	6 X (25FL/ 50FR/ 25BK/ 50FR/ 25 BR/50 FR + :20 RI)	2450
4	10	Aerobic capacity	400 FR pull	2850
5	10	Alactic	8 X 25 choice : very hard first 12.5 , then easy to the wall	3050
6	5	Warmdown	200 Easy	3250