

## Y-23 Advanced

No	Time	Type	Description	Distance
1	15	Warmup	200 FR; 400 IM – easy single-arm fly when needed	600
2	15	Technique	Breathing: 5 X 50 on 1:00 #1 – 3/length #2 – 2/length #3 – 1/length #4 – alternate #5 - normal	850
3	15	Kicking	Deep water: 4 X ( :15 fast + :15 easy ) flutter, dolphin, breast, arms-up order	
4	25	Endurance	12 X (25 stroke + 75 FR ) on 1:45 #1 – 4 FL #5 - 8 BK # 9 -12 BR	2050
5	12	Aerobic capacity	500 FR pull choice	2550
6	20	Anaerobic	3 X (100 IM fast! + :40 rest + 4 X 25 IM order on :40)	3150
7	5	Warmdown	200 Easy	3350

## Y-23 Intermediate

No	Time	Type	Description	Distance
1	15	Warmup	200 FR; 400 IM – easy single-arm fly when needed	600
2	15	Technique	Breathing: 5 X 50 on 1:00 #1 – 3/length #2 – 2/length #3 – 1/length #4 – alternate #5 - normal	850
3	15	Kicking	Deep water: 4 X ( :15 fast + :15 easy ) flutter, dolphin, breast, arms-up order	
4	20	Endurance	8 X (25 stroke + 75 FR ) on 1:45 #1 – 4 FL #5 - 8 BK # 9 -12 BR	1650
5	12	Aerobic capacity	400 FR pull choice	2050
6	25	Anaerobic	3 X (100 IM fast! + :45 rest + 4 X 25 IM order on :45)	2650
7	5	Warmdown	200 Easy	2850