

Y-24 Advanced Descending and Negative Split

No	Time	Type	Description	Distance
1	15	Warmup	Choice 200 Easy ; 200 Pull; 200 Kick; 200 DRILL	800
2	10	Technique	8 X 50 Pace on 1:00	1200
3	30	Endurance	5 X 200 FR - :20 RI odds: negative split by 50's, 2 seconds each 50; evens: 200 pull 6 X 100 FR descend by 2 seconds on 1:45	2800
5	4	Recovery	200: social kick	3000
6	13	Threshold	3 (2 X 50 FR on 1:00 + 50 non-FR on 1:15) each set faster than the one preceding.	3450
7	13	Speed	16 X 25 on :45 in IM order	3850
8	4	Warmdown	Easy 200	4050

Y-24 Intermediate Descending and Negative Split

No	Time	Type	Description	Distance
1	15	Warmup	Choice 200 Easy ; 200 Pull; 200 Kick; 200 DRILL	800
2	10	Technique	6 X 50 Pace on 1:00	1100
3	30	Endurance	4 X 200 FR - :20 RI odds: negative split by 50's, 2 seconds each 50; evens: 200 pull 4 X 100 FR descend by 2 seconds on 1:45	2300
5	4	Recovery	200: social kick	2500
6	13	Threshold	3 (2 X 50 FR on 1:00 + 50 non-FR on 1:15) each set faster than the one preceding.	2950
7	13	Speed	12 X 25 on :45 in IM order	3250
8	4	Warmdown	Easy 200	3450