

y-26 Advanced

No	Time	Type	Description	Distance
1	15	Warmup	Choice 500 Easy ; 200 Pull; 200 IM Easy	900
2	15	Technique	IM Drill: 3 X (#1 – RH/LH/BH #2 - Full stroke easy #3 - Full stroke build to fast) reverse IM order :15 RI <i>(swim back easy after each set)</i>	1650
3	28	Endurance	8 X 200: :15 RI, extra 1:00 after 4. #1,5 – non-free on laps 2,4,6 #2,6 – non-free on laps 3,6 #3,7 - non-free on lap 4 #4,8 – all free, fast!	3250
4	8	Aerobic capacity	200 Kick: Continuous without board: back,right side, front, left side	3450
5	9	Threshold	6 X 50 FR on 1:10 fast!	3750
6	5	Warmdown	200 easy	3950

One minute rests between events

y-26 Intermediate

No	Time	Type	Description	Distance
1	15	Warmup	Choice 400 Easy ; 200 Pull; 100 IM Easy	700
2	15	Technique	IM Drill: 3 X (#1 – RH/LH/BH #2 - Full stroke easy #3 - Full stroke build to fast) reverse IM order :15 RI <i>(swim back easy after each set)</i>	1450
3	28	Endurance	7 X 200: :20 RI, extra 1:00 after 4. #1,5 – non-free on laps 2,4,6 #2,6 – non-free on laps 3,6 #3,7 - non-free on lap 4 #4 – all free, fast!	2850
4	8	Aerobic capacity	200 Kick: Continuous without board: back, right side, front, left side	3050
5	9	Threshold	3 X 50 FR on 1:20 fast!	3200
6	5	Warmdown	200 easy	3400

One minute rests between events