

Y-27

Advanced

No	Time	Type	Description	Distance
1	15	Warmup	Choice 200 Easy ; 200 Pull; 200 Kick; 100 BK; 100 BR; 100 IM	900
2	12	Kicking	3 X100 IM on 3:00	1200
3	25	Endurance	6 X (25 FL/ 50 FR/ 25 BK/ 50 FR/ 25 BR/ 50 FR + :20 rest)	2550
4	16	Aerobic capacity	800 FR pull	3350
5	10	Alactic	8 X 25 choice : very hard first 12.5, then easy to the wall. On :45	3550
6	5	Warmdown	200 easy	3750

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Intermediate

No	Time	Type	Description	Distance
1	15	Warmup	Choice 200 Easy ; 200 Pull; 200 Kick; 50 BK; 50 BR; 100 IM	800
2	12	Kicking	3 X100 IM order on 3:00	1100
3	20	Endurance	4 X (25 FL/ 50 FR/ 25 BK/ 50 FR/ 25 BR/ 50 FR + :20 rest)	2100
4	14	Aerobic capacity	600 FR pull	2700
5	10	Alactic	8 X 25 choice : very hard first 12.5, then easy to the wall. On :45	2900
6	5	Warmdown	200 easy	3100