

Y-28 Advanced

No	Time	Type	Description	Distance
1	15	Warmup	Choice 200 Easy ; 200 Pull; 200 Kick; 200 FR	800
2	10	Technique	4 X 50 Single arm drills: 1- front crawl - right/left 2- right/left breathe opposite side 3- fly – right/left 4- back- right/left	1000
3	35	Endurance	10 X 150: (25 FL/25BK/25BR/75FR :20 RI)	2500
4	10	Aerobic capacity	200 kick /200 pull/ 200 social kick non-stop	3100
5	11	Threshold	20 X 25 FR: Easy/Hard on :30	3600
6	5	Warmdown	200 easy	3800

Y-28 Intermediate

No	Time	Type	Description	Distance
1	15	Warmup	Choice 200 Easy ; 200 Pull; 100 Kick; 100 FR	600
2	10	Technique	4 X 50 Single arm drills: 1- front crawl - right/left 2- right/left breathe opposite side 3- fly – right/left 4- back- right/left	800
3	35	Endurance	8 X 150: (25 FL/25BK/25BR/75FR :20 RI)	2000
4	10	Aerobic capacity	200 kick /200 pull/ 200 social kick non-stop	2600
5	10	Threshold	12 X 25 FR: Easy/Hard on :35	2900
6	5	Warmdown	200 easy	3100