

Y-29

Advanced

No	Time	Type	Description	Distance
1	15	Warmup	Choice 200 Easy ; 100 Bk; 100 BR 4 X 50 Kick IM order; 200 Pull	800
2	15	Technique	6 X 50 Single arm: (2 - RHLH 2 – opposite side breathing 2 - side kick 6 kicks/side)	1100
3	24	Aerobic capacity	10 X (100 hard FR+ 50 easy recovery, non-stop)	2600
4	19	Endurance	3 X (4 X 25 in IM order : 10 RI + FL/BK :10 RI + BR/FR :10 RI + 100 IM) RI: 1:00	3500
5	9	Threshold	10 X 25 Kick choice: Hard down/Easy back on :45	3750
6	5	Warmdown	Easy 200 choice	3950

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Intermediate

No	Time	Type	Description	Distance
1	15	Warmup	Choice 200 Easy ; 50 Bk; 50 BR 4 X 50 Kick IM order; 200 Pull	700
2	15	Technique	6 X 50 Single arm: (2 - RHLH 2 – opposite side breathing 2 - side kick 6 kicks/side)	1000
3	24	Aerobic capacity	8 X (100 hard + 50 easy recovery, non-stop) FR	2200
4	19	Endurance	2 X (4 X 25 in IM order : 10 RI + FL/BK :10 RI + BR/FR :10 RI + 100 IM) RI: 1:00	2800
5	9	Threshold	10 X 25 Kick choice: Hard down/Easy back on :45	3050
6	5	Warmdown	Easy 200 choice	3250