

Y-3

Advanced

N	Time	Type	Description	Distance
1	14	Warmup	3 X 200: kick/swim/pull in 25's continuous	600
2	7	Technique	Push off and glide 12 X 25 mixed strokes on :30	900
3	26	Endurance	8 X 200: 25 pace-25 easy; 100 pace; 50 easy; repeat on 3:30	2500
4	12	Aerobic capacity	8 X 50 fast on 1:15 mixed stroke	2900
5	10	Strength	12 X 25 mixed stroke and/or kick on :45	3100
6	4	Warmdown	200 easy – stretch	3300

Y-3 Experienced

N	Time	Type	Description	Distance
1	14	Warmup	3 X 200: kick/swim/pull in 25's continuous	600
2	7	Technique	Push off and glide 8 X 25 mixed strokes on :30	800
3	26	Endurance	7 X 200: 25 pace-25 easy; 100 pace; 50 easy; repeat on 3:30	2200
4	12	Aerobic capacity	8 X 50 fast on 1:20 mixed stroke	2600
5	10	Strength	8 X 25 mixed stroke and/or kick on :45	2800
6	4	Warmdown	200 easy – stretch	3000