

Y- 30 Advanced

No	Time	Type	Description	Distance
1	15	Warmup	Choice 200 Easy ; 200 Swim/Drill by 50's; 200 Kick: by 50's IM order	600
2	9	Technique	Fly drills: 6 X 50, :15 RI 1- single arm 2- flutter kick 3- pull 4- slow 5- build 6- full speed	900
3	25	Endurance	10 X 150 FR: 50 easy, 50 build; 50 hard :15 RI	2400
4	9	Aerobic capacity	500 Continuous swim: 75 FR/25 BR --- non stop	2900
5	13	Threshold	3 X (8 X 25 : FL fast;FL easy; BK fast;BK easy; BR fast;BR easy; FR fast;FR easy) on :30	3500
6	5	Warmdown	200 easy	3700

Y- 30 Intermediate

No	Time	Type	Description	Distance
1	15	Warmup	Choice 200 Easy ; 200 Swim/Drill by 50's; 200 Kick: by 50's IM order	600
2	9	Technique	Fly drills: 6 X 50, :15 RI 1- single arm 2- flutter kick 3- pull 4- slow 5- build 6- full speed	900
3	25	Endurance	8 X 150 FR: 50 easy, 50 build; 50 hard :15 RI	2100
4	9	Aerobic capacity	400 Continuous swim: 75 FR/25 BR --- non stop	2500
5	13	Threshold	2 X (8 X 25 : FL fast;FL easy; BK fast;BK easy; BR fast;BR easy; FR fast;FR easy) on :30	2900
6	5	Warmdown	200 easy	3100