

Y-31 Advanced

No	Time	Type	Description	Distance
1	15	Warmup	Choice 200 Easy ; 100 BK; 100 BR; 200 Kick; 200 FR; 100 IM easy	900
2	15	Technique	Balance: 6 X 50 FR Pull/Swim press the "T"	1200
3	27	Endurance	4 X 3 (125: 25 kick/25 swim/ 25 pull+ 50 FR :15 RI) same stroke for kick/swim/pull of each 125 - IM order by 125's	2700
4	10	Aerobic capacity	6 X (50 Kick/50 Pull) non stop	3300
5	8	Threshold	3 X 100 IM: 1) 25's on :45 2) 50's on 1:20 3) 100 hard	3600
6	5	Warmdown	200 easy	3800

Y-31 Intermediate

No	Time	Type	Description	Distance
1	15	Warmup	Choice 200 Easy ; 50 BK; 50 BR; 200 Kick; 200 FR; 100 IM easy	800
2	15	Technique	Balance: 4 X 50 FR Pull/Swim press the "T"	1000
3	27	Endurance	4 X 3 (125: 25 kick/25 swim/ 25 pull+ 50 FR :15 RI) same stroke for kick/swim/pull of each 125 - IM order by 125's	2500
4	10	Aerobic capacity	4 X (50 Kick/50 Pull) non stop	2700
5	8	Threshold	2 X 100 IM: 1) 25's on :45 2) 50's on 1:20 3) 100 hard	2900
6	5	Warmdown	200 easy	3100