

# Y-32 Advanced

## Swimming fast beyond VO<sub>2</sub> MAX

No	Time	Type	Description	Distance
1	15	Warmup	Choice 200 Easy ; 200 Pull; 200 Kick; 200 FR; 100 IM Easy	900
2	15	Technique	12 X 25 Speed drills: stroke rate, breathing, kicking, rotation	1200
3	28	Endurance	4 X (4 X 100 Choice: 15 RI; descend 1-4 by one second) Each swimmer takes full RI; be prepared to pass, or to be passed.	2800
4	4	Recovery	200 easy swim	3000
5	25	Threshold	2 X ( 2 X 50 Choice on 1:30; 2 X 100 Choice on 3:00; 100 easy pull + 2:00 rest)  swim 1st 100 of each set at 200 race pace; second 100, 100% effort. Choose any stroke for each set, using same stroke for both 50's and 100's	3800
6	4	Warmdown	200 easy	4000

# Y-32 Intermediate

## Swimming fast beyond VO<sub>2</sub> MAX

No	Time	Type	Description	Distance
1	15	Warmup	Choice 100 Easy ; 200 Pull; 200 Kick; 100 FR; 100 IM Easy	700
2	15	Technique	8 X 25 Speed drills: stroke rate, breathing, kicking, rotation	900
3	28	Endurance	3 X (4 X 100 Choice: 15 RI; descend 1-4 by one second) Each swimmer takes full RI; be prepared to pass, or to be passed.	2100
4	4	Recovery	200 easy swim	2300
5	25	Threshold	2 X ( 2 X 50 Choice on 1:30; 2 X 100 Choice on 3:00; 100 easy pull + 2:00 rest)  swim 1st 100 of each set at 200 race pace; second 100, 100% effort. Choose any stroke for each set, using same stroke for both 50's and 100's	3100
6	4	Warmdown	200 easy	3300