

Y-33 Advanced

No	Time	Type	Description	Distance
1	15	Warmup	Choice 200 Easy ; 200 Pull; 200 Kick; 200 BK easy	800
2	15	Technique	Breathing drills: 8 X 50 FR on 1:00 1) Right side; 2) left; 3) alternate sides; 4) every 4th stroke; repeat 5-8	1200
3	28	Endurance	15 X 100 - first 75 FR – last 25 stroke of choice: :15 RI	2700
4	8	Aerobic capacity	400 IM single arm fly optional	3100
5	10	Threshold	4 X 100 IM on 2:15 hard!	3500
6	5	Warmdown	200 easy	3700

Y-33 Intermediate

No	Time	Type	Description	Distance
1	15	Warmup	Choice 200 Easy ; 200 Pull; 200 Kick; 100 BK easy	700
2	15	Technique	Breathing drills: 8 X 50 FR on 1:00 1) Right side; 2) left; 3) alternate sides; 4) every 4th stroke; repeat 5-8	1100
3	28	Endurance	12 X 100 - first 75 FR – last 25 stroke of choice: :15 RI	2300
4	8	Aerobic capacity	400 IM single arm fly optional	2700
5	10	Threshold	2 X 100 IM on 2:15 hard!	2900
6	5	Warmdown	200 easy	3100