

Y-35

Advanced

No	Time	Type	Description	Distance
1	15	Warmup	Choice 200 Easy ; 200 Pull; 200 Kick; 200 Easy IM	800
2	15	Technique	7 X 100 FR Pull: breathe every 3-5-7-9-7-5-3 strokes per 25; one breathing pattern/100 on 2:00	1500
3	2	Recovery	100 easy	1600
4	12	Technique	4 X (50 pull dog paddle/ 50 swim dog paddle) on 2:10	2000
5	20	Aerobic capacity	8 X (100 FR at pace + 50 recovery) non stop	3200
6	2	Recovery	100 easy	3300
5	15	Threshold	6 X 50 Kick hard/easy on 2:30	3600
6	5	Warmdown	200 choice easy	3800

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Intermediate

No	Time	Type	Description	Distance
1	15	Warmup	Choice 200 Easy ; 200 Pull; 200 Kick; 200 Easy IM	800
2	10	Technique	4 X 100 FR Pull: breathe every 3-5-5-3 strokes per 25; one breathing pattern/100 on 2:10	1200
3	2	Recovery	100 easy	1300
4	8	Technique	3 X (50 pull dog paddle/ 50 swim dog paddle) on 2:20	1600
5	24	Aerobic capacity	8 X (100 FR at pace + 50 recovery) non stop	2800
6	2	Recovery	100 easy	2900
5	10	Threshold	4 X 50 Kick hard/easy on 2:30	3100
6	5	Warmdown	200 choice easy	3300