

Y-36 Advanced

No	Time	Type	Description	Distance
1	15	Warmup	200 choice;200 pull;200 drill 2 x (4 X 50 FR descend 1-4 on 1:00)	1000
2	30	Endurance	500 IM pyramids: :10 RI between strokes 3 X (25 FL/50 BK/ 75 BR/100FR/ 100FR/ 75 BR/50 BK/25FL + 1:00 minute rest)	2500
3	8	Aerobic capacity	500 Pull FR	3000
4	12	Threshold	Kick choice: 16 X 25 - hard down/ easy return on :45	3400
5	10	Threshold	FR swim: 16 X 25 - hard down/ easy return on :30	3800
6	5	Warmdown	200 choice	4000

Y-36 Intermediate

No	Time	Type	Description	Distance
1	15	Warmup	200 choice;200 pull;200 drill (4 X 50 FR descend 1-4 on 1:00)	800
2	30	Endurance	400 IM pyramids: :10 RI between strokes 3 X (25 FL/50 BK/ 75 BR/100FR/ 75 BR/50 BK/25FL + 1:00 minute rest)	2000
3	8	Aerobic capacity	400 Pull FR	2400
4	12	Threshold	Kick choice: 16 X 25 - hard down/ easy return on :45	2800
5	10	Threshold	FR swim: 16 X 25 - hard down/ easy return on :30	3200
6	5	Warmdown	200 choice	3400