

Y-37 Advanced

No	Time	Type	Description	Distance
1	15	Warmup	Choice 200 Easy ; 200 Pull; 200 Kick; 200 FR	800
2	10	Technique	6X FR drill/swim: 1) single arm right 2) single arm left 3) side kick 4) single arm right breath opposite 5) single arm left breathe opposite 6) catch-up	1100
3	30	Endurance	FR Pace at 200 pace: 3 X (2 X 50 on :50 2 X 100 on 1:40 200) Each set 1 sec/50 for faster	2600
4	7	Aerobic capacity	400 Pull - choice	3000
5	24	Threshold	<i>SPRINT</i> 4 X (4 X 25 kick choice ; 4 X 25 choice) on :45	3800
6	4	Warmdown	200 easy choice	4000

Y-37 Intermediate

No	Time	Type	Description	Distance
1	15	Warmup	Choice 200 Easy ; 200 Pull; 200 Kick;	600
2	10	Technique	6X FR drill/swim: 1) single arm right 2) single arm left 3) side kick 4) single arm right breath opposite 5) single arm left breathe opposite 6) catch-up	900
3	30	Endurance	FR Pace at 200 pace: 3 X (2 X 50 on :50 2 X 100 on 1:40 200) Each set 1 sec/50 for faster	2400
4	7	Aerobic capacity	200 Pull - choice	2600
5	24	Threshold	<i>SPRINT</i> 2 X (4 X 25 kick choice ; 4 X 25 choice) on :45	3000
6	4	Warmdown	200 easy choice	3200