

Y-38 Advanced

No	Time	Type	Description	Distance
1	24	Warmup	200 Easy choice; 200 Pull; 200 Kick; 200 IM easy 8 X 50 FR on 1:00 descend 1-4 2X	1200
2	26	Endurance	10 X (100 moderate + 50 easy) non-stop	2700
3	10	Aerobic capacity	5 X (50 kick+50 pull) non-stop	3200
4	12	Threshold	8 X 50: on 1:30 alternate FL and BR <i>-fast!</i>	3600
5	10	Technique	Turn drills: 8 X 25 from mid pool. Mix strokes.	
6	4	Warmdown	200 easy	3800

Y-38 Intermediate

No	Time	Type	Description	Distance
1	24	Warmup	200 Easy choice; 200 Pull; 200 Kick; 200 IM easy 4 X 50 FR on 1:00 descend 1-4	1000
2	26	Endurance	10 X (100 moderate + 50 easy) non-stop	2500
3	10	Aerobic capacity	4 X (50 kick+50 pull) non-stop	2900
4	12	Threshold	4 X 50: on 1:30 alternate FL and BR <i>-fast!</i>	3100
5	10	Technique	Turn drills: 8 X 25 from mid pool. Mix strokes.	3300
6	4	Warmdown	200 easy	3500