

Y-39

Advanced

No	Time	Type	Description	Distance
1	20	Warmup	200 Easy choice; 200 Pull; 200 Kick; 200 DRILL 4 X 50 FR on 1:00 descend 1-4	1000
2	29	Endurance	4 X 200 FR 4 X 100 Alternate FR and FL/FR/BR/FR 6 X 50: FL;BR;FR;FL;BR;FR each on :15 RI	2500
3	7	Aerobic capacity	400 FR PULL	2900
4	11	Threshold	6 X 50: Kick : FL; BR;FR;FL;BR;FR on 1:45 <i>fast!</i>	3200
5	8	Speed	10 X 25 hard down, easy return each on :35	3450
6	4	Warmdown	200 easy and/or turn drills	3650

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Intermediate

No	Time	Type	Description	Distance
1	20	Warmup	200 Easy choice; 200 Pull; 200 Kick; 4 X 50 FR on 1:00 descend 1-4	800
2	29	Endurance	3 X 200 FR 4 X 100 Alternate FR and FL/FR/BR/FR 6 X 50: FL;BR;FR;FL;BR;FR each on :15 RI	2100
3	7	Aerobic capacity	400 FR PULL	2500
4	11	Threshold	6 X 50: Kick : FL; BR;FR;FL;BR;FR on 1:45 <i>fast!</i>	2800
5	8	Speed	10 X 25 hard down, easy return each on :35	3050
6	4	Warmdown	200 easy and/or turn drills	3250