

Y- 4 Advanced

No	Time	Type	Description	Distance
1	16	Warmup	200 Easy choice; 200 Back; 100 BR; 100 FR; 200 Kick Back	800
2	25	Endurance	10 X 100 FR :15 RI #1-4 Swim; #5 Kick #6-9 Pull #10 – Kick 1:00 rest 12 X 25 non FR :15 RI Every 3rd one Fast!	2100
3	5	Aerobic capacity	300 FR: every 4th length stroke	2500
4	14	Anaerobic	4 X (100 FR FAST!! + 50 easy) on 3:15	3200
6	4	Warm down	200 Easy	3400

Y- 4 Experienced

No	Time	Type	Description	Distance
1	14	Warmup	100 Easy choice; 200 Back; 100 BR; 100 FR; 100 Kick back	600
2	25	Endurance	10 X 100 FR :15 RI #1-4 Swim; #5 Kick #6-9 Pull #10 – Kick 1:00 rest 10 X 25 non FR :15 RI Every 3rd one Fast!	1850
3	5	Aerobic capacity	300 FR: every 4th length stroke	2150
4	13	Anaerobic	4 X (100 FR FAST!! + 50 easy) on 3:30	2750
6	4	Warm down	200 Easy	2950