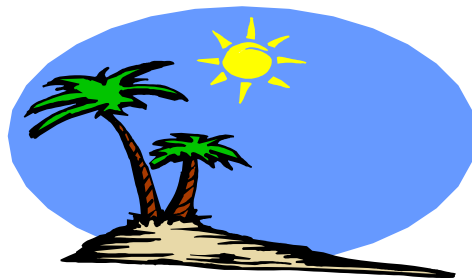


# Y- 40    Advanced

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	13	Aerobic capacity	800 FR Ladder: 300 :30 RI 200 :20 RI 2 X100 :10 RI 2 X50 :10RI	1800
3	21	Threshold	10 X 100 FR on 2:00 as fast as you can hold on 2:00	2800
4	11	Aerobic	4 X 100: :30 RI after each 100 (1) 25 FL; 25 BR;25 FL;25BR : 15RI (2) 50 FL; 50 BR :15 RI (3) 100 FL (single arm ok) (4) 100 BR	3200
5	12	Speed	20 X 25 choice on :35 alternate fast and slow	3700
6	5	Warmdown	200 easy / practice turns	3900



# Y- 40 Intermediate

No	Time	Type	Description	Distance
1	20	Warmup	200 Easy choice; 200 Pull; 200 Kick; 200 DRILL	800
2	13	Aerobic capacity	600 FR Ladder: 300 :30 RI 200 :20 RI 100 :10 RI	1400
3	21	Threshold	8 X 100 FR on 2:00 as fast as you can hold on 2:00	2200
4	11	Aerobic	4 X 100: :30 RI after each 100 (1) 25 FL; 25 BR;25 FL;25BR : 15RI (2) 50 FL; 50 BR :15 RI (3) 100 FL (single arm ok) (4) 100 BR	2600
5	12	Speed	12 X 25 choice on :35 alternate fast and slow	2900
6	5	Warmdown	200 easy / practice turns	3100

