

Y-41 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	32	Aerobic	Free style: :20 RI 1) 4 X 200 2) 6 X 100 3) 8 X 50 decrease split time/50 for each distance 1-3	2800
3	10	Aerobic capacity	1) 300 Kick: alternate FL/BR/FR by 25's ... non-stop 2) 300 pull	3400
4	20	Threshold	18 X 25 :20 RI Alternate FL/BR/FR	3850
5	5	Warmdown	200 easy	4050

Y-41 Experienced

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	32	Aerobic	Free style: :20 RI 1) 4 X 200 2) 5 X 100 3) 6 X 50 decrease split time/50 for each distance 1-3	2400
3	10	Aerobic capacity	1) 300 Kick: alternate FL/BR/FR by 25's ... non-stop 2) 100 pull	2800
4	20	Threshold	12 X 25 :20 RI Alternate FL/BR/FR	3100
5	5	Warmdown	200 easy	3350