

Y-42

Intermediate

No	Time	Type	Description	Distance
1	16	Warmup	400 Free 300 Pull 200 Kick 100 IM	1000
2	24	Endurance	6x200: 1,3,5 FR descend on 3:30 2,4,6 Stroke/FR by 25's in IM order on 4:00	2200
3	16	90% Effort	3(6x25 on 40 secs Desc. 1-6 + 50 Easy on 1:00)	2800
6	4	Warmdown	200 easy	3000

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Advanced

No	Time	Type	Description	Distance
1	16	Warmup	400 Free 300 Pull 200 Kick 100 IM	1000
2	24	Endurance	8x200: 1,3,5 FR descend on 3:15 2,4,6 Stroke/FR by 25's in IM order on 4:00 7,8 FR on 3:10	2600
3	16	90% Effort	4(6x25 on 35 secs Desc. 1-6 + 50 Easy on 1:00)	3200
6	4	Warmdown	200 easy	3400