

Y-43 Advanced

No	Time	Type	Description	Distance
1	10	Warmup	500 FR	500
2	20	Technique	6X50 on 1:10 Front crawl and back stroke drills: each drill first on front; second on back: 1, 2 – single arm down right, back left 3,4 – closed fist 5,6 - catch-up	800
3	11	Threshold	5x100 FR on 2:00 sprint last 25	1300
4	8	Aerobic capacity	400 BK/FR by 25's	1700
5	10	Aerobic	8x50 pull FR on :50	2100
5	6	Aerobic capacity	300 back	2400
5	20	Aerobic	3x100 kick choice on 2:15 200 BK/FR + :30 rest 4x50 BK/FR on 1:15 100 IM + :30 rest 4 X 25 choice on :40	3300
6	4	Warmdown	200 easy	3500

Y-43 Intermediate

No	Time	Type	Description	Distance
1	10	Warmup	400 FR	400
2	20	Technique	6X50 on 1:10 Front crawl and back stroke drills: each drill first on front; second on back: 1, 2 – single arm down right, back left 3,4 – closed fist 5,6 - catch-up	700
3	11	Threshold	4 x100 FR on 2:30 sprint last 25	1100
4	8	Aerobic capacity	300 BK/FR by 25's	1400
5	10	Aerobic	6 x 50 pull FR on 1:00	1700
5	6	Aerobic capacity	200 back	1900
5	20	Aerobic	2 x 100 kick choice on 2:30 200 BK/FR + :30 rest 4x50 BK/FR on 1:15 100 IM + :30 rest 4 X 25 choice on :40	2700
6	4	Warmdown	200 easy	2900