

Y-44 Advanced

No	Time	Type	Description	Dist
1	15	Warmup	200 Swim choice; 200 pull; 200 kick by 50's IM order; 100 easy IM	700
2	10	Technique	6 X 50 Drill: single arm FR, FL, and BK fist FR, BK catch up FR	1000
3	40	Threshold/ aerobic capacity	4 X 50 descend on 1:20; 400 pull 4 X 50 descend on 1:20; 300 pull 4 X 50 descend on 1:20; 200 pull 4 X 50 descend on 1:20; 100 pull 1 minute rest between sets	2800
4	9	Anaerobic	8 X 25 kick fast on 1:00	3000
8	5	Warmdown	200 easy swim	3200

1 minute rest between each event

Y-44 Intermediate

No	Time	Type	Description	Dist
1	15	Warmup	200 Swim choice; 200 pull; 200 kick by 50's IM order;	600
2	10	Technique	6 X 50 Drill: single arm FR, FL, and BK fist FR, BK catch up FR	900
3	48	Threshold/ aerobic capacity	4 X 50 descend on 1:30; 400 pull 4 X 50 descend on 1:30; 300 pull 4 X 50 descend on 1:30; 200 pull 4 X 50 descend on 1:30; 100 pull 1 minute rest between sets	2700
4	5	Anaerobic	4 X 25 kick fast on 1:00	2800
8	5	Warmdown	200 easy swim	3000

1 minute rest between each event