

Y-45 Advanced

No	Time	Type	Description	Yards
1	16	Warmup	200 Swim choice; 200 kick IM; 200 pull; 100 IM easy;	700
2	12	Technique	2 X (4 X 50: 1) fist 2) single arm, breathe alternate side 3) side kick – 6 kicks/side 4) head up)	1500
3	30	Endurance	10 X 150 FR : first 25 easy, last 25 hard :15 RI	3000
4	8	Aerobic capacity	400: 50 kick / 50 pull non-stop	3400
5	8	Threshold	2 X (FL fast/FL easy; 25'S BK fast/BK easy; BR fast/BR easy; FR fast/FR easy on :30)	3800
6	5	Warmdown	200 easy swim	4000

1 minute rest between each event

Y-45 Intermediate

No	Time	Type	Description	Yards
1	16	Warmup	200 Swim choice; 200 kick IM; 200 pull;	600
2	12	Technique	2 X (4 X 50: 1) fist 2) single arm, breathe alternate side 3) side kick – 6 kicks/side 4) head up)	1400
3	26	Endurance	8 X 150 FR : first 25 easy, last 25 hard :15 RI	2600
4	4	Aerobic capacity	200: 50 kick / 50 pull non-stop	2800
5	10	Threshold	2 X (FL fast/FL easy; 25'S BK fast/BK easy; BR fast/BR easy; FR fast/FR easy on :30)	3200
6	5	Warmdown	200 easy swim	3400

1 minute rest between each event