

#Y-46 Advanced

No	Time	Type	Description	Distance
1	17	Warmup	200 FR easy ; 200 BK; 200 Kick on back; 200 IM easy	800
2	25	Endurance	1) 8 X 50 alternate FR and FR/BK with :15 RI 2) 12 X 75 FR :15 RI	2100
3	14	Aerobic capacity	7 X 50 pull/50 kick non-stop	2800
4	12	Alactic	10 X 25 choice: sprint 12.5 ; easy 12.5 ; rest :30 after each 25	3050
5	7	Technique	Breast stroke drills 4 X 50: 1) 1 stroke, 2 kicks 2) 2 stroke, 1 kick 3) pull 4) flutter kick	3250
6	5	Warmdown	200 easy	3450

#Y-46 Intermediate

No	Time	Type	Description	Distance
1	16	Warmup	200 FR easy ; 200 Kick on back; 200 IM easy	600
2	25	Endurance	1) 6 X 50 alternate FR and FR/BK with :15 RI 2) 10 X 75 FR :15 RI	1650
3	14	Aerobic capacity	6 X 50 pull/50 kick non-stop	2250
4	10	Alactic	8 X 25 choice: sprint 12.5 ; easy 12.5 ; rest :30 after each 25	2450
5	7	Technique	Breast stroke drills 4 X 50: 1) 1 stroke, 2 kicks 2) 2 stroke, 1 kick 3) pull 4) flutter kick	2650
6	5	Warmdown	200 easy	2850