

Y-47 Intermediate

No	Time	Type	Description	Distance
1	18	Warmup	300 swim easy 200 kick 100 pull	600
2	16	Technique	12 X 25 all different 6 X 50 stroke/drill by 25's on 1:10	1200
3	30	Endurance	5 X 300: on 5:45 1) Moderate 2) hard/easy by 25's 3) hard/easy/easy by 25's 4) easy/hard/easy by 25's 5) all hard	2700
6	7	Warmdown	300 easy – stretch	3000

Y-47 Advanced

No	Time	Type	Description	Distance
1	18	Warmup	300 swim easy 200 kick 100 pull	600
2	16	Technique	12 X 25 all different 8 X 50 stroke/drill by 25's on 1:10	1300
3	30	Endurance	6 X 300: on 5:00 1) Moderate 2) hard/easy by 25's 3) hard/easy/easy by 25's 4) easy/hard/easy by 25's 5) all hard 6) easy/easy/hard by 25's	3100
6	7	Warmdown	300 easy – stretch	3400