

Y-49 Advanced

No	Time	Type	Description	Distance
1	15	Warmup	Choice 200 easy ; 200 Pull; 200 Kick;100 IM easy	700
2	9	Technique	Front Crawl Drills: 6 X 50: on 1:10 (1)Single arm fist: right arm up /left arm back (2) Both arms fist (3) Catch-up fist (4) Single arm – breath opposite side – right up – left back (5) Catch up (6) Pefect stroke!	1000
3	30	Endurance	4 X 200; 5 X 100; 6 X 50 : 15 RI Swim each distance faster than the one preceeding by 2 sec/100	2600
4	8	Aerobic capacity	450 Continuous pull: 25 easy/50 hard	3050
5	14	Threshold	10 X 50: FR hard down/Stroke easy back on 1:15	3550
6	5	Warmdown	200 easy	3750

1 minute rest between events

Y-49 Experienced

No	Time	Type	Description	Distance
1	15	Warmup	Choice 200 easy ; 200 Pull; 200 Kick	600
2	9	Technique	Front Crawl Drills: 6 X 50: on 1:10 (1)Single arm fist: right arm up /left arm back (2) Both arms fist (3) Catch-up fist (4) Single arm – breath opposite side – right up – left back (5) Catch up (6) Pefect stroke!	900
3	30	Endurance	4 X 200; 4 X 100; 4 X 50 : 15 RI Swim each distance faster than the one preceeding by 2 sec/100	2300
4	8	Aerobic capacity	400 Continuous pull: 25 easy/50 hard	2700
5	14	Threshold	8 X 50: FR hard down/Stroke easy back on 1:15	3100
6	5	Warmdown	200 easy	3300

1 minute rest between events