

Y-5 Advanced

No	Time	Type	Description	Distance
1	20	Warmup	200 Easy choice; 200 Pull; 200 Kick; 200 DRILL 4 X 50 FR on 1:00 descend 1-4	1000
2	13	Aerobic capacity	800 FR	1800
3	21	Threshold	10 X 100 FR on 2:00	2800
4	11	Aerobic	4 X 100: :15 RI after each 100 (1) 25 FL; 25 BR; 25 FL; 25 BR : (2) 50 FL; 50 BR (3) 100 FL (single arm ok) (4) 100 BR	3200
5	12	Speed	20 X 25 choice on :35 alternate fast and slow	3700
6	5	Warm down	200 easy / practice turns	3900

# Y-5 Experienced

No	Time	Type	Description	Distance
1	20	Warmup	200 Easy choice; 200 Pull; 200 Kick; 200 DRILL 4 X 50 FR on 1:00 descend 1-4	1000
2	13	Aerobic capacity	600 FR	1600
3	17	Threshold	8 X 100 FR on 2:00	2400
4	11	Aerobic	4 X 100: :15 RI after each 100 (1) 25 FL; 25 BR;25 FL;25BR (2) 50 FL; 50 BR (3) 100 FL/FR/FL/FR (4) 100 BR	2800
5	12	Speed	20 X 25 choice on :35 alternate fast and slow	3300
6	5	Warm down	200 easy / practice turns	3500