

Y-50 Advanced

No	Time	Type	Description	Distance
1	18	Warmup	600 easy: 25 kick/25 swim/25 pull continuous – vary strokes	600
2	9	Technique	12 X 25 Drills- each one different	900
3	35	Endurance	12 X 150: 50 build/50 fast/50 easy on :50	2700
5	5	Recovery	200: 25 BR/25 BK continuous	2900
6	12	Speed	20 X 25 on :30 Hard down, easy back	3400
7	4	Warmdown	Easy 200	3600

Y-50 Experienced

No	Time	Type	Description	Distance
1	15	Warmup	450 easy: 25 kick/25 swim/25 pull continuous – vary strokes	450
2	10	Technique	12 X 25 Drills- each one different	750
3	36	Endurance	10 X 150: 50 build/50 fast/50 easy on 1:00	2250
5	5	Recovery	200: 25 BR/25 BK continuous	2450
6	12	Speed	20 X 25 on :30 Hard down, easy back	2950
7	4	Warmdown	Easy 200	3150