

## # Y-6 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	32	Aerobic	Free style: 1) 4 X 200 on 3:15 2) 6 X 100 on 1:45 3) 8 X 50 on 1:00 decrease split time/50 for each distance 1-3	2800
3	10	Aerobic capacity	1) 300 Kick: alternate FL/BR/FR by 25's ... non-stop 2) 300 pull	3400
4	20	Threshold	18 X 25 sprint :20 RI Alternate FL/BR/FR	3850
5	5	Warm down	200 easy	4050

## # Y-6 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	32	Aerobic	Free style: 1) 4 X 200 on 3:30 2) 5 X 100 on 2:00 3) 6 X 50 on 1:10 decrease split time/50 for each distance 1-3	2600
3	10	Aerobic capacity	1) 300 Kick: alternate FL/BR/FR by 25's ... non-stop 2) 200 pull	3100
4	20	Threshold	15 X 25 sprint :20 RI Alternate FL/BR/FR	3450
5	5	Warm down	200 easy	3650