

Y-7 Advanced Starts and turns

No	Time	Type	Description	Distance
1	15	Warmup	200 Easy choice ; 200 Pull; 200 Kick; 200 FR	800
2	8	Technique	6 X 50 drill on 1:05 1) single arm fly 2) fly with flutter kick 3) breast with flutter kick 4) slow fly – start with glide, and begin the stroke while breathing out 5) breast stroke kick with board 6) FR fist	1100
3	28	Endurance	1500 ladder: 500 FR; 400 kick/pull on 50's; 300 FR; 200 IM; 100 easy 1 minute rest after each event.	2600
5	13	Threshold	5 X (4 X 25 fast!) IM order on :40	3100
6	10	Technique	turns: 8 X 50 from mid-pool on 1:00	3500
7	5	Warmdown	200 easy	3700

Y-7 Experienced

Starts and turns

No	Time	Type	Description	Distance
1	15	Warmup	100 Easy choice ; 200 Pull; 200 Kick; 200 FR	700
2	8	Technique	Review – 6 X 50 drill on 1:10 1) single arm fly 2) fly with flutter kick 3) breast with flutter kick 4) slow fly – start with glide, and begin the stroke while breathing out 5) breast stroke kick with board 6) FR fist	1000
3	25	Endurance	1100 ladder: 400 FR; 300 kick/pull on 50's; 200 FR; 100 IM; 100 easy 1 minute rest after each event.	2100
5	13	Threshold	4 X (4 X 25 fast!) IM order on :40	2500
6	12	Technique	turns 6 X 50 from mid pool on 1:10	2800
7	5	Warmdown	200 easy	3000