

Y-8 Advanced

No	Time	Type	Description	Distance
1	15	Warmup	Choice 200 Easy ; 200 Pull; 100 Kick; 200 Easy IM	700
2	15	Technique	6 X 100 FR Pull: breathe every 3-5-7-7-5-3 strokes per 25; one breathing pattern/100 on 2:00	1300
3	2	Recovery	100 easy	1400
4	10	Technique	3 X (50 dog paddle pull + 50 swim with out pull buoys) on 2:10	1700
5	25	Aerobic capacity	9 X (100 FR at pace + 50 recovery) non stop	3050
6	2	Recovery	100 easy	3150
5	15	Threshold	5 X 50 Kick hard/easy on 2:00	3400
6	5	Warm down	200 choice easy	3600

y-8 Experienced

No	Time	Type	Description	Distance
1	15	Warmup	Choice 200 Easy ; 200 Pull; 100 Kick; 100 Easy IM	600
2	15	Technique	5 X 100 FR Pull: breathe every 3-5-7-5-3 strokes per 25; one breathing pattern/100 on 2:10	1100
3	2	Recovery	100 easy	1200
4	10	Technique	3 X (50 dog paddle pull + 50 swim with out pull buoys) on 2:30	1500
5	25	Aerobic capacity	8 X (100 FR at pace + 50 recovery) non stop	2700
6	2	Recovery	100 easy	2800
5	15	Threshold	4 X 50 Kick hard/easy on 2:40	3000
6	5	Warm down	200 choice easy	3200