

Y-9 Experienced

Breathing

No	Time	Type	Description	Distance
1	15	Warmup	Choice 200 Easy ; 200 Pull; 200 Kick; 200 IM easy	800
2	15	Technique	Breathing drills: 6 X 50 alternate side kick; single arm opposite side	1100
3	25	Endurance	FR Pull: 6 X 200 on 3:30 odds: 1st 50, breathe every 4th 2nd 50, breathe every 3rd 3rd & 4th, breath normal evens: breathe right side down, left side back	2200
4	8	Aerobic capacity	Social kick: 300	2500
5	15	Threshold	3 X 200 IM: 1st – broken at 50's on 1:15 2nd – broken at 100's on 2:30 3rd - no breaks - <i>fast!</i>	3100
6	5	Warm- down	200 FR	3400

#Y-9

Breathing

No	Time	Type	Description	Distance
1	15	Warmup	Choice 200 Easy ; 200 Pull; 200 Kick; 200 IM easy	800
2	15	Technique	Breathing drills: 6 X 50 alternate side kick; single arm opposite side	1100
3	25	Endurance	FR Pull: 7 X 200 on 3:15 odds: 1st 50, breathe every 4th 2nd 50, breathe every 3rd 3rd & 4th, breathe normal evens: breathe right side down, left side back	2500
4	8	Aerobic capacity	Social kick: 300	2800
5	15	Threshold	3 X 200 IM: 1st – broken at 50's on 1:00 2nd – broken at 100's on 2:00 3rd - no breaks - <i>fast!</i>	3400
6	5	Warmdown	300 FR –	3700