Age Group 5.26 (1 hour) \*Modify if necessary\*

Warm Up: Fins for Round 1, no Fins Round 2&3

3x (6/18)

 1x 100 free 1:30/1:40/1:50/2:00

 1x 100 s-line KOB 1:45/2:00

 1x 50 6:1 1:00

 1x 50 s-line KOB 1:15

Drill Set: Fins

2x (11/22)

 4x 25 fl kob :30/40

 3x 50 body dolphin k 1:00/10

 4x 25 fl drill (choice) :40

 4x 25 fl swim :40

Main Set:

2x (10/20)

 1x 200 technique (Free) 4:00/4:30

 4x 50 desc. 1-4 (Free) 1:00/1:10

 2x 25 easy (choice but focus on good technique) :40

Key: KOB-Kick on Back, s-line-streamline, 6:1-6 kick:1 pull