Age Group 5.27

Warm Up:

1x 200 technique

2x 25 free side kick (4 UWFLK)

1x 150 technique

2x 25 free side kick (6 UWFLK)

1x 100 technique

2x 25 free side kick (8 UWFLK)

1x 50 technique

Drill Set: Backstroke (Fins)

4x 50 s-line KOB 1:00

2x 75 BBK/BBS/BBR 1:30/45

4x 25 side kick :30

2x 50 6:1 1:00

1x 100 bk swim 2:00

Main Set:

3x 25 stroke :40

1x 100 free 15 seconds rest

3x 50 stroke/free 1:10

1x 100 free 15 seconds rest

3x 75 stroke/ free 1:45

1x 100 free 15 seconds rest

Key: BBK-Body Balance Kick, BBS-Body Balance Side, BBR-Body Balance Roll, 6:1-6 kick:1 pull, KOB-Kick on Back, technique-Focus on correct form