Age Group 6.10

WU: FINS

      6x 25 UWFLK

     10x 25 FS-Int. Fr/Bk (Sprint to Intent)

     10x 25 FS-Int. Fl/Br (Sprint to Intent)

4x     (5:30/22)

     2x 75 bbk/bbs/bbr90-90 1:30

     3x 25 6:1 :30

     1x 75 sw build 1:00

Rd. 1+2: Free

Rd. 3+4: Back

M:

3x

     1x 100 free 1:30/40/50

     2x 75 bk/br/fr 1:30/1:40/1:50

     4x 25 fl :40

Odd’s: Kick

Even’s: Swim

     1x 100 free 1:30/40/50