Age Group 6.11

Warm Up (900):

     1x 200 swim/kick by 50 3:30/4:00

     2x 75 IM no free 1:15/1:30

     3x 150 desc. 1-3 2:00/2:30

     1x 100 IM Fast 2:00

Main:

     1x 300 desc. by 100 4:30/5:00

     3x 50 25 Fast/25 Ez 1:00

     3x 100 1:30/1:40/1:50

     6x 25 Fast :30

#6 1:00

     1x 200 Negative Split 3:00/3:20/3:30

     2x 100 1:30/40/50

     1x 50 1:00