Age Group 6.12

WU:

(17)

3x 100 BBK, BBS, BBR 2:00

6x 50 side kick/single arm breath away 1:00

10x 25 (5 UWFLK) :30

Technique:

(15)

4x 25 fly Kick  :30

1x 100 dolphin KOB 1:45

6x 50 3:1(3 kick; 1pull) 1:00

10x 25 fly swim :30

M:

1x 200 build 2:40/3:00/3:20

2x 100 kick 1 build/1 fast 2:00/20

2x 150 desc.  2:00/15/30

2x 100 kick 1 build/1 fast 2:00/20

4x 75 Fast 2:00

     #4 Easy

1x 100 Kick FS (T) 3:00

Key:

BBK-Body Balance Kick

BBS-Body Balance Side

BBR-Body Balance Roll

UWFLK-Underwater Fly Kick