Age Group 6.1

WU: Fins

 10x 100 (10-15 seconds rest)

     Odds: free swim

     Evens: kick

 12x 50 s-line kick on back 1:00-1:10

Drill:

 20x 25 Breaststroke Drill

     4: breaststroke kick

     4: front scull

     4: 1 pull 2 kick

     8: swim

M:

2x

 1x 200 build 3:30/3:45/4

 4x 75 (25 stroke/50 free) 1:20/30/40

 3x 50 kick 1:00/1:10/

 2x 25 choice swim fast :30

 1x 50 easy 1:30