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