Age Group 6.2

WU: FINS

3x

6x 25 UWFLK 1:00

3x 100 s-line KOB 1:45/2

2x 50 back swim 1:00

Drill:

10x 25 fly kick (board) :40/50

2x 50 body dolphin kick 1:10

Fins:

    10x 25 fly swim :40

M: (10 seconds rest between each swim)

4x

1x 125 free swim

1x 75 fly/bk/br

1x 50 fast

1x 50 easy 1:30

Key:

UWFLK-Under Water Fly Kick, S-line-Streamline, KOB-Kick on Back