Age Group 6.4

WU: Fins (10 seconds rest)

1x 200 BBK/BBS/BBR/Side Kick

1x 150 Side Kick/12:1/ 6:1

1x 100 Single Arm Breathe Away

4x 50 Swim

Rd. 1: Free

Rd. 2: Back

Kick/Drill Set: (Choice)

2x

4x 25 kick :40

2x 75 kick/drill/swim 1:30/40/50

4x 50 choice swim 1:00/10

Main: (10-15 seconds rest between swims)

2x

1x 300 Fins build  
 2x 100 (25 fast/75 build)

5x 25 desc. 1-5 (stroke) :30

1x 75 smooth

1x 100 fast

Key:

BBK/BBS/BBR/-Body Balance Kick/Side/Roll