Age Group 6.6

SUPER SATURDAY!

WU:

 1x 200 swim

 4x 25 10 UWFLK (Underwater Fly Kicks)

 1x 200 swim

 2x 50 4 UWFLK

LI:

3x

 3x 75 desc. 1-3 (free)

 3x 25 drill (choice)

 1x 50 perfect stroke (choice)

M:

 3x Super 500s

Super 500

 2x 25

 2x 50

 1x 75

 1x 25

 2x 50

 1x 75

 3x 25

Round 1: Free Kick (25’s and 75’s fast kick, 50’s easy)

Round 2: Choice swim (25’s technique, 50’s build, 75’s fast)

Round 3: Free swim (25’s Fast, 50’s build, 75’s easy)