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)