Age Group 6.8

WU: Fins

 2x 250 (50 back/150 free/50 kick)

 3x 100 25 UWFLK/75 free

 2x 150 50 back/50 free/50 kick

 3x 50 desc. 1-3

M: (10-15 Seconds rest)

 1x 400 build

 1x 50 fast

 1x 100 easy

 1x 300

 1x 75 fast

 1x 75 easy

 1x 200

 2x 50 fast

 1x 50 easy

 1x 100

 2x 25 fast

 1x 100 easy