6.9 Age Group I

WU:

     1x 200 swim

     1x 400 BB drills

     1x 300 12:1, 6:1, swim

     1x 200 BK BB drills

     1x 100 bk swim

LI:

5x

     2x 25 6 UWFLK :30

     1x 50 : 45

     1x 100 Desc. Int. (1:25. 20, 15, 10, 5)

M:

4x

     1x 100 smooth

     1x 75 Build

     1x 50 Easy

     1x 25 FS Kick

1x100 EZ