

ALLIANCE

YOUTH

- 10 x 50 Odds drill/swim w/ waves
- 8 x 25 Choice (F/F, F/F, F, F) @ :30, :35, :40
- 6 x 150 @ 2:10, 2:50, 3:00
- #1-3 Pull breaths 3, 5, 3
- #4-6 Rot 1/2 stroke
- 6 x 100 50 Low Stroke Count/50 kick build @ 2:00, 2:05
- 6 x 50 Choice swim w/ fast turns @ 1:30, 1:35

FINISIX

- 6 x 25 Odds=Fly, Evens=FR 2 breaths @ :30, :35, :40
- 100 FR kick w/ head down @ 2:00, 2:05
- 50 Choice @ 1:30 (swim)

- 3 x 200 #1=pull, #2=swim, #3=FR