SESSION 6

- **GETTING USED TO DRAFTING OFF SWIMMERS AROUND YOU**
- **FINDING A DRAFT FROM A MASS START**

STOP & RE-GROUP   ●   - - - - -   ●   **BUOY**

**DRAFT
BEHIND SOMEONE**

**MASS START
– FIND A DRAFT**

STOP & RE-GROUP   - - - - -   ●   **BUOY**

**DRAFT
SIDE-BY-SIDE**

**DRAFT
SIDE-BY-SIDE**

STOP & RE-GROUP   - - - - -   ●   **BUOY**

**MASS START
– FIND A DRAFT**

**EASY
SWIM**

START **F INISH**   ●   **PONTOON**