

<b>WEEK 4</b>	<b>GROUP 1</b>	<b>MONDAY</b>
<b>Warm Up</b>	<b>SWIM 4 x 100 FREE on 1:45</b> <b>SWIM 4 x 100 IM on 2:00</b> <b>KICK 200 BEST STROKE – Fly on Back ,</b> <b>Free on Side , Breast on Back</b>	<b>1000</b>
<b>Main</b>	<b>SWIM 5 x 400 on 7:00 – Aerobic</b> <b>As 50 Free , 50 Back , 50 Free , 50 Breast</b>	<b>3000</b>
<b>Swim Down</b>	<b>SWIM 200 Own Choice</b>	<b>3200</b>