

<b>WEEK 4</b>	<b>GROUP 1</b>	<b>SUNDAY</b>
<b>Warm Up</b>	<b>SWIM 800 as 100 FREE , 100 BACK , 100 BREAST , 100 IM REPEAT</b>	<b>800</b>
<b>Main 1</b>	<b>SWIM 4 x 400 as 200 FREE , 100 IM , 100 Either BACK or BREAST Not Fast – Easy Swimming</b>	<b>2400</b>
<b>Main 2</b>	<b>SWIM 10 x 25 on 45 BEST STROKE 1 Hard , 1 Easy</b>	<b>2650</b>
<b>Swim Down</b>	<b>SWIM 250 Own Choice</b>	<b>2900</b>