

WEEK 4	GROUP 1	WED.
Warm Up	SWIM 200 OWN CHOICE DRILL 25 / SWIM 25 for 4 x 50 on 60 FREE DRILL 25 / SWIM 25 for 4 x 50 on 1:15 FORM KICK 200 FREE – NO BOARD	800
Main	KICK 100 , SWIM 100 for 200 on 10RI SWIM 200 as 50 Back , 50 Breast with Fly Kick 10RI KICK 50 , SWIM 50 for 200 on 10RI SWIM 200 FREE on 10RI KICK 25 , SWIM 25 for 200 on 10RI SWIM 200 OWN CHOICE KICK 25 / SWIM 25 for 16 x 50 on 60	2800
Swim Down	SWIM 200 Own Choice	3000