

WEEK 6	GROUP 1	MONDAY
Warm Up	<p>SWIM 400 FREE</p> <p>SWIM 200 IM</p> <p>DRILL 25 / SWIM 25 for 200 BEST FORM</p> <p>KICK 4 x 50 on 1:15 BEST STROKE</p> <p>SWIM 100 OWN CHOICE</p>	1100
Main	<p>SWIM 10 x 100 FREE or BACK on 2:10 – PB + 10</p> <p>BREAST or FLY on 2:20 – PB + 10</p> <p>SWIM 100 OWN CHOICE</p> <p>SWIM 4 x 25 SPRINT on 45</p> <p>SWIM 100 FORM EASY</p>	2400
Swim Down	<p>SWIM 300 OWN CHOICE</p>	2700