

WEEK 6	GROUP 1	SUNDAY
Warm Up	<b>SWIM 25 / KICK 25 / SCULL 25 / SWIM 25 for 1000</b>	1000
Main	<b>FIN KICK 12 x 75 on 10RI</b> <b>As 4 Free on Side , 4 Back , 4 Fly or Free on Side</b> <b>SWIM 200 BREAST</b> <b>DRILL 200 BREAST as 25 of Each</b> <b>2Kick 1Pull , 3Kick 1Pull , 4Kick 1Pull , 5Kick 1Pull</b> <b>1Kick 2Pull , 1Kick 3Pull , 1Kick 4Pull , 1Kick 5Pull</b>	2300
Swim Down	<b>SWIM 2 x 400</b> <b>As 100 FREE , 100 IM , 100 FREE , 100 BEST FORM</b>	3100