

WEEK 6	GROUP 1	WED.
Warm Up	SWIM 500 as 25 FR / 25 BK / 25 FR / 25 BR	500
Main	FIN SWIM 20 x 25 FREE on 30 - SPRINT Every 4th 25 With Least Number Of Breaths PULL 100 BREAST PULL 100 FREE FIN SWIM 20 x 25 BACK on 40 - SPRINT Every 4th 25 FLY With Least Number Of Breaths SWIM 200 OWN CHOICE FIN SWIM 20 x 25 FREE on 30 - SPRINT Every 4th 25 With Least Number Of Breaths	2400
Swim Down	SWIM 500 OWN CHOICE	2900