

WEEK 7	GROUP 1	MONDAY
Warm Up	SWIM 14 x 25 on 40 – 5 FR / 5 BK or BR / 5 FR	350
Main	FIN KICK 4 x 100 on 1:45 – FR, BK or FLY PULL 200 As 50 FREE / 50 BREAST Leave Fins On But Do Not Kick FIN KICK 4 x 100 on 1:45 – FR, BK or FLY PULL 200 As 25 FR / 25 BR / 25 FR / 25 BK SWIM 12 x 50 FREE on 55 – SPRINT No. 12 SWIM 12 x 50 FORM on 1:05 – SPRINT No. 12	2750
Swim Down	SWIM 250 OWN CHOICE	3000