

WEEK 7	GROUP 1	SUNDAY
Warm Up	SWIM 500 SWITCH STROKES each 50	500
Main	KICK 25 / SWIM 25 – 10 x 50 15RI – OWN CHOICE KICK 25 / SWIM 25 – 8 x 50 10RI – OWN CHOICE KICK 25 / SWIM 25 – 6 x 50 5RI – OWN CHOICE PULL 400 As 50 BREAST / 50 FREE DEEP END or MIDDLE OF POOL – VERTICAL KICK HANDS BY SIDE for 5 Minutes SWIM 4 x 25 FREE on 60 – SPRINT	2200
Swim Down	SWIM 400 OWN CHOICE	2600