

WEEK 4	GROUP 2	SUNDAY
Warm Up	SWIM 800 as 100 FREE , 100 BACK , 100 BREAST , 100 IM REPEAT	800
Main 1	SWIM 4 x 400 as 200 FREE , 100 IM , 100 Either BACK or BREAST Not Fast – Easy Swimming	2400
Main 2	SWIM 10 x 25 on 45 BEST STROKE 1 Hard , 1 Easy	2650
Swim Down	SWIM 250 Own Choice	2900