

| WEEK 4 | GROUP 2 | WED. |
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| Warm Up | SWIM 200 OWN CHOICE DRILL 25 / SWIM 25 for 3 x 50 on 1:15 FREE DRILL 25 / SWIM 25 for 3 x 50 on 1:30 FORM KICK 200 FREE – NO BOARD | 700 |
| Main | KICK 100 , SWIM 100 for 200 on 10RI SWIM 200 as 50 Back , 50 Breast with Fly Kick 10RI KICK 50 , SWIM 50 for 200 on 10RI SWIM 200 FREE on 10RI KICK 25 , SWIM 25 for 200 on 10RI SWIM 200 OWN CHOICE KICK 25 / SWIM 25 for 14 x 50 on 1:10 | 2600 |
| Swim Down | SWIM 200 Own Choice | 2800 |