

WEEK 6	GROUP 2	SUNDAY
Warm Up	SWIM 25 / KICK 25 / SCULL 25 / SWIM 25 for 800	800
Main	FIN KICK 12 x 75 on 10RI As 4 Free on Side , 4 Back , 4 Fly or Free on Side SWIM 100 BREAST DRILL 200 BREAST as 25 of Each 2Kick 1Pull , 3Kick 1Pull , 4Kick 1Pull , 5Kick 1Pull 1Kick 2Pull , 1Kick 3Pull , 1Kick 4Pull , 1Kick 5Pull	2000
Swim Down	SWIM 2 x 400 As 100 FREE , 100 IM , 100 FREE , 100 BEST FORM	2800