

WEEK 7	GROUP 2	SUNDAY
Warm Up	<b>SWIM 500 SWITCH STROKES each 50</b>	<b>500</b>
Main	<b>KICK 25 / SWIM 25 – 10 x 50 15RI – OWN CHOICE</b> <b>KICK 25 / SWIM 25 – 8 x 50 10RI – OWN CHOICE</b> <b>KICK 25 / SWIM 25 – 6 x 50 5RI – OWN CHOICE</b> <b>PULL 400 As 50 BREAST / 50 FREE</b> <b>DEEP END or MIDDLE OF POOL – VERTICAL</b> <b>KICK HANDS BY SIDE for 5 Minutes</b> <b>SWIM 4 x 25 FREE on 60 – SPRINT</b>	<b>2200</b>
Swim Down	<b>SWIM 400 OWN CHOICE</b>	<b>2600</b>