

WEEK 4	GROUP 3	MONDAY
Warm Up	SWIM 4 x 75 FREE on 1:45 SWIM 4 x 75 IM on 2:00 As 25 Back , 25 Breast , 25 Free KICK 200 BEST STROKE	800
Main	SWIM 5 x 300 on 7:00 – Aerobic As 25 Free , 25 Back , 25 Free , 25 Breast Focus on Distance Per Stroke	2300
Swim Down	SWIM 200 Own Choice	2500