

WEEK 4	GROUP 3	SUNDAY
Warm Up	SWIM 700 as 100 FREE , 75 BACK , 75 BREAST , 100 IM (No Fly) REPEAT	700
Main 1	SWIM 4 x 300 as 200 FREE , 50 BACK , 50 BREAST Not Fast – Easy Swimming	1900
Main 2	SWIM 10 x 25 on 45 BEST STROKE 1 Hard , 1 Easy	2150
Swim Down	SWIM 200 Own Choice	2350