

<b>WEEK 4</b>	<b>GROUP 3</b>	<b>WED.</b>
<b>Warm Up</b>	<b>SWIM 200 OWN CHOICE</b> <b>DRILL 25 / SWIM 25 for 4 x 50 on 1:30 FREE</b> <b>DRILL 25 / SWIM 25 for 4 x 50 on 1:45 FORM</b> <b>FIN KICK 200 FREE – NO BOARD</b>	<b>800</b>
<b>Main</b>	<b>FINS KICK 100 BACK</b> <b>FINS SWIM 100 BACK</b> <b>FINS SWIM 200 as 25 Back , 50 Breast with Fly Kick</b> <b>FINS KICK 50 / SWIM 50 for 200 BACK</b> <b>FINS SWIM 200 FREE</b> <b>KICK 25 / SWIM 25 for 10 x 50 on 1:30</b>	<b>2100</b>
<b>Swim Down</b>	<b>SWIM 200 Own Choice</b>	<b>2300</b>