

WEEK 6	GROUP 3	MONDAY
Warm Up	<p>SWIM 300 FREE SWIM 2 x 100 IM DRILL 25 / SWIM 25 for 200 BEST FORM KICK 4 x 50 on 1:30 BEST STROKE SWIM 100 OWN CHOICE</p>	1000
Main	<p>SWIM 6 x 100 FREE or BACK on 2:30 – PB + 10 BREAST or FLY on 2:45 – PB + 10 SWIM 100 OWN CHOICE SWIM 4 x 25 SPRINT on 60 SWIM 100 FORM EASY</p>	1900
Swim Down	SWIM 200 OWN CHOICE	2100