

WEEK 6	GROUP 3	SUNDAY
Warm Up	SWIM 25 / KICK 25 / SCULL 25 / SWIM 25 for 600	600
Main	FIN KICK 9 x 75 on 15RI As 3 Free on Side , 3 Back , 3 Fly or Free on Side SWIM 175 BREAST DRILL 150 BREAST as 25 of Each 2 Kick 1 Pull , 3 Kick 1 Pull , 4 Kick 1 Pull 1 Kick 2 Pull , 1 Kick 3 Pull , 1 Kick 4 Pull	1600
Swim Down	SWIM 2 x 300 As 100 FREE , 100 IM , 100 BEST FORM	2200