

WEEK 6	GROUP 3	WED.
Warm Up	<b>SWIM 300 as 25 FR / 25 BK / 25 FR / 25 BR</b>	<b>300</b>
Main	<b>FIN SWIM 16 x 25 FREE on 40 - SPRINT Every 4<sup>th</sup></b> <b>25 Aim for 3 or 4 Breaths Only</b> <b>PULL 100 BREAST</b> <b>PULL 50 FREE</b> <b>FIN SWIM 16 x 25 BACK on 45 - SPRINT Every 4<sup>th</sup></b> <b>PULL 50 BREAST</b> <b>PULL 100 FREE</b> <b>FIN SWIM 16 x 25 FREE on 40 - SPRINT Every 4<sup>th</sup></b> <b>25 Aim for 3 or 4 Breaths Only</b>	<b>1800</b>
Swim Down	<b>SWIM 300 OWN CHOICE</b>	<b>2100</b>