

WEEK 7	GROUP 3	SUNDAY
Warm Up	SWIM 400 SWITCH STROKES each 50	400
Main	KICK 25 / SWIM 25 – 8 x 50 15RI – OWN CHOICE KICK 25 / SWIM 25 – 6 x 50 10RI – OWN CHOICE KICK 25 / SWIM 25 – 4 x 50 5RI – OWN CHOICE PULL 300 As 50 BREAST / 50 FREE DEEP END or MIDDLE OF POOL – VERTICAL KICK HANDS BY SIDE for 5 Minutes SWIM 4 x 25 FREE on 60 – SPRINT	1700
Swim Down	SWIM 300 OWN CHOICE	2000