

WEEK 10	GROUP 4	MONDAY
Warm Up	SWIM 200 FREE SWIM 200 As 50 FREE , 50 BK , 50 FREE , 50 BR	400
Main	SWIM 8 x 25 FREE on 5RI SWIM 8 x 50 FREE on 10RI SWIM 4 x 75 FREE on 25RI SWIM 4 x 100 FREE on 30RI	1700
Swim Down	SWIM 200 OWN CHOICE – Easy	1900