

<b>WEEK 10</b>	<b>GROUP 4</b>	<b>WED.</b>
<b>Warm Up</b>	<p><b>SWIM 4 x 50 FREE on 20RI</b>  <b>SWIM 4 x 50 BREAST / FREE on 20RI</b>  <b>KICK 10 x 25 BEST STROKE</b>  <b>As ODDS FAST for 25m , EVENS FAST for 10m</b></p>	<b>650</b>
<b>Main</b>	<p><b>FIN SWIM 8 x 75 FREE on 2:00</b>  <b>KICK 25 / SWIM 25 For 100 FORM</b>  <b>FIN SWIM 8 x 25 FREE on 60</b>  <b>– Every 4<sup>th</sup> 25 BACK or FLY</b></p>	<b>1550</b>
<b>Swim Down</b>	<b>SWIM 250 OWN CHOICE – Easy</b>	<b>1800</b>