

WEEK 1	GROUP 4	MONDAY
Warm Up	SWIM 4 x 50 FREE on 20RI SWIM 4 x 50 BREAST / FREE on 20RI KICK 10 x 25 BEST STROKE Odds Fast All 25 , Evens Fast for First 12.5	650
Main	FIN SWIM 8 x 75 FREE on 2:00 KICK 25 / SWIM 25 for 100 BEST STROKE FIN SWIM 8 x 25 FREE on 60 Except 25's - 4 , 8 - FLY or BACK	1550
Swim Down	SWIM 150 OWN CHOICE	1700