

WEEK 1	GROUP 4	SUNDAY
Warm Up	SWIM 400 FREE – 1st 50 Easy, 2nd 50 Breath Right 3rd 50 Breath Left, 4th 50 Breath Every 3rd	400
Main	SWIM 6 x 100 30RI – 75 Free, 25 Back Odd – 75 Free, 25 Breast Even	1000
Main	SWIM 4 x 75 30 RI – 2 Breast, 2 Back	1300
Main	FIN KICK 16 x 25 on 45 – BK Odd, FREE Even	1700
Swim Down	SWIM 200 – Alternate 50 FR 50 BK, 50 FR 50 BR	1900