

WEEK 2	GROUP 4	MONDAY
Warm Up	SWIM 200 Own Choice FREE Swim 50, Kick 50, Drill 50 FORM Swim 50, Kick 50, Scull 50	500
Main	SWIM 3 x 25 Free 30RI SWIM 1 x 50 30RI REPEAT – 1st SET FREE, 2nd SET FORM SWIM 200 Easy as 25 FREE, 25 BREAST	1050
Test	FIN SWIM 3 x 200 60RI	1650
Swim Down	SWIM 200 25 FREE, 25 BACK	1850