

WEEK 2	GROUP 4	SUNDAY
Warm Up	SWIM 4 x 100 FREE Very Easy	400
Main 1	FINS DRILL 25 / SWIM 25 - 6 x 50 FREE DRILL – Catch up and Finger Tip Drag, Long Strokes KICK – NO FINS 4 x 25 on 60RI	800
Main 2	DRILL 25 / SWIM 25 – 6 x 50 BREAST SET 1 – 2 Kicks 1 Pull, SET 2 – 1 Kick 2 Pull, SET 3 – 3 Kicks 1 Pull, SET 4 – 1 Kick 3 Pull, SET 5 – 4 Kicks 1 Pull, SET 6 – 1 Kick 4 Pull, KICK 4 x 25 BREAST on 60RI	1200
Swim Down	SWIM 300 Own Choice	1500