

WEEK 2	GROUP 4	WED.
Warm Up	SWIM 25FR / 25BK / 25FR / 25BR – REPEAT KICK 4 x 25 FREE 30RI SWIM 50 OWN CHOICE KICK 4 x 25 BEST FORM 30RI SWIM 50 OWN CHOICE	500
Main	SWIM 10 x 25 FREE 20RI SWIM 8 x 25 FREE 15RI SWIM 6 x 25 FREE 10RI SWIM 4 x 25 FREE 5RI	1200
Swim Down	SWIM 4 x 50 BREAST 30RI SWIM 3 x 50 BACK 30RI SWIM 2 x 50 FREE 30RI	1650