

WEEK 3	GROUP 4	MONDAY
Warm Up	SWIM 100 FREE , SWIM 100 FORM	200
Main 1	KICK 12.5 FAST, SWIM 12.5 EASY REPEAT 10 TIMES – 15RI AT EACH 25 5 SETS FREE , 5 SETS BEST FORM SWIM 100 FREE	550
Main 2	SWIM 6 x 50 BREAST on 30RI SWIM 6 x 50 BACK on 30RI SWIM 3 x 50 25 BREAST / 25 BACK on 30RI	1300
Swim Down	SWIM 200 Own Choice	1500