

<b>WEEK 3</b>	<b>GROUP 4</b>	<b>SUNDAY</b>
<b>Warm Up</b>	<b>SWIM 200 FREE</b> <b>SWIM 400 as 25 Kick / 25 Swim on 15RI each 25</b>	<b>600</b>
<b>Main 1</b>	<b>FIN SWIM</b> <b>2 x 50 BACK 10RI , 2 x 50 FREE 10RI - Easy</b> <b>2 x 50 BACK 15RI , 2 x 50 FREE 15RI - Moderate</b> <b>2 x 50 BACK 20RI , 2 x 50 FREE 20RI - Faster</b>	<b>1200</b>
<b>Main 2</b>	<b>SWIM 4 x 50 BREAST on 30RI</b>	<b>1400</b>
<b>Swim Down</b>	<b>SWIM 200 Own Choice</b>	<b>1600</b>