

WEEK 3	GROUP 4	WED.
Warm Up	SWIM 200 FREE SWIM 8 x 25 FREE on 20RI Work on the Catch at the Start of Each Stroke	400
Main 1	SWIM 200 BREAST SWIM 8 x 25 BREAST on 20RI Work on the Glide and Breathing	800
Main 2	SWIM 200 BACK SWIM 8 x 25 BACK on 20RI Work on the Pull through Hands Deep	1200
Swim Down	SWIM 300 Own Choice	1500