

WEEK 4	GROUP 4	MONDAY
Warm Up	SWIM 6 x 50 FREE on 20RI SWIM 6 x 50 BACK or BREAST on 30RI As 25 Back , 25 Breast , 25 Free KICK 8 x 25 on 30RI BEST STROKE	800
Main	SWIM 5 x 200 on 60RI – Aerobic SETS 1 , 3 and 5 : 50 Free , 50 Back SETS 2 and 4 : All Free	1800
Swim Down	SWIM 200 Own Choice	2200