

WEEK 4	GROUP 4	SUNDAY
Warm Up	SWIM 8 x 25 FREE on 20RI SWIM / KICK 8 x 25 BEST STROKE on 30RI	400
Main	SWIM 4 x 50 OWN CHOICE on 20RI SWIM 10m / KICK 15m as 8 x 25 on 30RI SWIM 4 x 50 OWN CHOICE on 20RI SWIM 5m / KICK 20m as 8 x 25 on 30RI SWIM 4 x 50 OWN CHOICE on 20RI	1400
Swim Down	SWIM 200 Own Choice	1600