

WEEK 4	GROUP 4	WED.
Warm Up	SWIM 200 OWN CHOICE DRILL (Catch Up) 25 / SWIM 25 for 6 x 50 FREE DRILL (Double Arms) / SWIM 25 for 6 x 50 BACK DRILL (2 K 1 Pull) 25 / SWIM 25 for 6 x 50 BRST	1100
Main	SWIM 12 x 25 FREE 2 on 5RI , 2 on 10RI , 4 on 15RI , 4 on 20RI SWIM 100 BACK or BREAST	1400
Swim Down	SWIM 200 Own Choice	1600