

WEEK 5	GROUP 4	MONDAY
Warm Up	SWIM 8 x 25 FREE on 20RI SWIM 8 x 25 BACK on 20RI SWIM 8 x 25 BREAST on 20RI SWIM 200 OWN CHOICE	800
Main	FIN KICK 4 x 50 FREE on 30RI FIN KICK 4 x 50 BACK on 30RI FIN KICK 4 x 50 FREE ON SIDE on 30RI SWIM 200 BEST FORM	1600
Swim Down	SWIM 200 OWN CHOICE	1800