

WEEK 5	GROUP 4	SUNDAY
Warm Up	<b>SWIM 100 FREE on 30RI</b> <b>SWIM 4 x 50 as 25 FREE / 25 BREAST on 20RI</b> <b>PULL 2 x 100 FREE on 30RI</b>	500
Main	<b>SWIM 8 x 25 FREE on 20RI</b> <b>SWIM 4 x 50 FORM on 20RI</b> <b>SWIM 1 x 100 FREE on 20RI</b> <b>SWIM 1 x 100 FORM on 20 RI</b> <b>SWIM 4 x 50 FREE on 20RI</b> <b>SWIM 8 x 25 FORM on 20RI</b>	1500
Swim Down	<b>SWIM 100 OWN CHOICE</b>	1600