

<b>WEEK 5</b>	<b>GROUP 4</b>	<b>WED.</b>
<b>Warm Up</b>	<b>SWIM 2 x 50 FREE on 30 RI</b> <b>SWIM 2 x 50 BACK on 30 RI</b> <b>SWIM 2 x 50 BREAST on 30 RI</b> <b>SWIM 200 OWN CHOICE</b>	<b>500</b>
<b>Main</b>	<b>FIN KICK 4 x 25 FREE on 15RI</b> <b>FIN KICK 4 x 25 BACK on 15RI</b> <b>SWIM 300 as 25 FREE / 25 BACK or BREAST</b> <b>KICK 25 / SWIM 25 FREE for 100</b> <b>KICK 25 / SWIM 25 BEST FORM for 200</b>	<b>1300</b>
<b>Swim Down</b>	<b>SWIM 300 as 50 FREE / 50 BACK or BREAST</b>	<b>1600</b>