

| WEEK 6    | GROUP 4   | MONDAY |
|-----------|---|--------|
| Warm Up   | <b>SWIM 125 FREE , 125 BACK</b><br><b>SWIM 125 BREAST , 125 BEST FORM</b><br><b>DRILL 25 / SWIM 25 for 200 BREAST – 2 Pull, 1Kick</b>                           | 700    |
| Main      | <b>SWIM 4 x 50 BREAST on 20RI</b><br><b>PULL 4 x 50 BREAST on 60RI– Arms Only</b><br><b>SWIM 4 x 50 BREAST on 20RI</b><br><b>SWIM 25 BACK / 25 FREE for 300</b> | 1600   |
| Swim Down | <b>SWIM 200 OWN CHOICE</b>  | 1800   |