

<b>WEEK 6</b>	<b>GROUP 4</b>	<b>SUNDAY</b>
<b>Warm Up</b>	<b>SWIM 250 FREE</b> <b>SWIM 250 BACK or BREAST</b>	<b>500</b>
<b>Main</b>	<b>DRILL / SWIM 4 x 75 FREE as 25 of Each</b> <b>Drill – Catch Up</b> <b>Swim – Right Arm</b> <b>Swim – Left Arm</b> <b>SWIM 400 as 50 FREE / 50 BEST FORM</b> <b>FIN SWIM 400 as 50 FREE / 50 BACK</b>	<b>1600</b>
<b>Swim Down</b>	<b>SWIM 200 OWN CHOICE</b>	<b>1800</b>