

WEEK 6	GROUP 4	WED.
Warm Up	SWIM 150 FREE SWIM 150 BACK SWIM 150 BREAST	450
Main	FIN SWIM 12 x 25 FREE on 10RI SWIM 100 BREAST SWIM 100 FREE FIN SWIM 12 x 25 BACK on 15RI SWIM 100 BREAST SWIM 100 FREE FIN SWIM 12 x 25 FREE on 5RI	1750
Swim Down	SWIM 250 OWN CHOICE	2000