

WEEK 7	GROUP 4	MONDAY
Warm Up	SWIM 10 x 25 FREE on 10RI SWIM 10 x 25 BACK on 10RI SWIM 10 x 25 BREAST on 10RI	750
Main	SWIM 200 OWN CHOICE FIN KICK 5 x 50 FREE on 15RI FIN KICK 5 x 50 BACK on 15RI FIN KICK 5 x 50 FREE ON SIDE on 15RI	1700
Swim Down	SWIM 200 BEST FORM	1900