

WEEK 7	GROUP 4	SUNDAY
Warm Up	SWIM 200 FREE SWIM 200 BACK or BREAST	400
Main	SWIM 400 As 100 FREE / 100 IM (No Fly) DRILL 25 / SWIM 25 – 4 x 50 BACK 3 Right Arm, 3 Left Arm for DRILL SWIM 400 As 100 FREE / 100 IM (No Fly)	1400
Swim Down	SWIM 200 OWN CHOICE	1600