

<b>WEEK 7</b>	<b>GROUP 4</b>	<b>WED.</b>
<b>Warm Up</b>	<b>SWIM 3 x 50 FREE on 15RI</b> <b>SWIM 3 x 50 BACK on 15RI</b> <b>SWIM 3 x 50 BREAST on 15RI</b>	<b>450</b>
<b>Main</b>	<b>SWIM 200 OWN CHOICE</b> <b>FIN KICK 6 x 25 FREE on 10RI</b> <b>FIN KICK 6 x 25 BACK on 10RI</b> <b>SWIM 350 as 25 FREE / 25 BACK or BREAST</b> <b>KICK 25 / SWIM 25 FREE for 150 on 20RI</b> <b>KICK 25 / SWIM 25 FORM for 150 on 20RI</b>	<b>1600</b>
<b>Swim Down</b>	<b>SWIM 200 As 50 FORM / 50 FREE</b>	<b>1800</b>