

WEEK 8	GROUP 4	MONDAY
Warm Up	SWIM 12 x 25 FREE on 20RI SWIM 10 x 25 BACK on 20RI SWIM 10 x 25 BREAST on 20RI	800
Main	SWIM 100 OWN CHOICE FIN KICK 6 x 50 FREE on 20RI FIN KICK 6 x 50 BACK on 20RI FIN KICK 6 x 50 FREE ON SIDE on 20RI	1800
Swim Down	SWIM 200 OWN CHOICE	2000