

WEEK 8	GROUP 4	SUNDAY
Warm Up	SWIM 150 FREE on 40RI SWIM 150 FORM on 40RI	300
Main	DRILL 25 (2K 1P) / SWIM 25 – 4 x 50 BREAST SWIM 2 x 100 FREE on 30RI SWIM 2 x 100 BREAST on 30RI DRILL 25 (LArm , RArm) / SWIM 25 – 4 x 50 BACK SWIM 2 x 100 FREE on 30RI SWIM 2 x 100 BACK on 30RI	1500
Swim Down	SWIM 300 OWN CHOICE	1800