

<b>WEEK 8</b>	<b>GROUP 4</b>	<b>WED.</b>
<b>Warm Up</b>	<b>SWIM 4 x 50 FREE on 20RI</b> <b>SWIM 4 x 50 FORM on 20RI</b> <b>SWIM 4 x 50 FREE on 20RI</b>	<b>600</b>
<b>Main</b>	<b>FIN SWIM 200 OWN CHOICE</b> <b>FIN KICK 4 x 50 FREE on 30RI</b> <b>FIN KICK 4 x 50 BACK on 30RI</b> <b>FIN SWIM 200 OWN CHOICE</b> <b>FIN KICK 8 x 25 FREE on 15RI</b> <b>FIN KICK 8 x 25 BACK on 15RI</b>	<b>1800</b>
<b>Swim Down</b>	<b>SWIM 200 OWN CHOICE</b>	<b>2000</b>