

WEEK 9	GROUP 4	MONDAY
Warm Up	<b>SWIM 2 x 100 FREE on 30RI</b> <b>SWIM 4 x 50 FORM on 30RI</b> <b>FIN KICK 2 x 100 FREE on 30RI</b>	600
Main	<b>FIN SWIM 1 x 200 FREE on 45RI</b> <b>FIN SWIM 2 x 100 FORM or IM on 45RI</b> <b>FIN SWIM 4 x 50 FREE on 45RI</b> <b>FIN SWIM 2 x 100 FORM or IM on 45RI</b> <b>FIN SWIM 8 x 25 FREE on 45RI</b>	1600
Swim Down	<b>SWIM 200 OWN CHOICE</b>	1800