

WEEK 9	GROUP 4	WED.
Warm Up	SWIM 100 OWN CHOICE PULL 100 FREE SWIM 100 OWN CHOICE PULL 100 FREE SWIM 4 x 50 FREE on 1:40	600
Main	SWIM 12 x 50 FREE on 1:30 These are SPRINTS FIN KICK 6 x 50 on 1:30	1500
Swim Down	SWIM 3 x 50 FREE – Easy SWIM 3 x 50 FORM – Easy	1800