

WEEK 10	GROUP 1	MONDAY
Warm Up	SWIM 400 OWN CHOICE	400
Main	SWIM 1 x 50 FREE on 2:00 – Max. Effort SWIM 3 x 100 FREE on 1:50 As 1st - 70% , 2nd - 75% , 3rd - 80% SWIM 2 x 50 FREE on 60 SWIM 3 x 100 FREE on 1:50 As 1st - 70% , 2nd - 75% , 3rd - 80% 60 Seconds Rest – Repeat Above Another 2 Times	2550
Swim Down	SWIM 6 x 50 FREE on 60 – Easy SWIM 3 x 50 FORM on 1:15 – Easy	3000