

WEEK 10	GROUP 1	SUNDAY
Warm Up	SWIM 2 x 200 FREE / FORM on 4:00 SWIM 4 x 100 IM on 2:15 SWIM 8 x 50 FREE / BACK or BREAST on 60	1200
Main	FIN SWIM 4 x 200 FREE or BACK on 3:20 FIN SWIM 4 x 50 FREE / FLY on 60 FIN SWIM 4 x 50 BACK / FLY on 60 FIN SWIM 4 x 50 BREAST (FLY Kick) on 60	2600
Swim Down	SWIM 400 OWN CHOICE	3000