

WEEK 10	GROUP 1	WED.
Warm Up	<p>SWIM 8 x 50 FREE on 60 SWIM 4 x 50 BREAST / FREE on 60 KICK 12 x 25 BEST STROKE As ODDS on 45 , EVENS on 35</p>	900
Main	<p>FIN SWIM 16 x 75 FREE As ODDS on 1:10 , EVENS on 1:15 KICK 25 / SWIM 25 For 200 FORM FIN SWIM 16 x 25 FREE on 30 – Every 4th 25 SPRINT</p>	2700
Swim Down	SWIM 300 OWN CHOICE – Easy	3000