

WEEK 1	GROUP 1	MONDAY
Warm Up	SWIM 8 x 50 FREE on 50 SWIM 4 x 50 BREAST / FREE on 60 KICK 12 x 25 BEST STROKE Odds on 45 , Evens on 35	900
Main 1	FIN SWIM 16 x 75 FREE on 1:10 Odds , 1:15 Evens Goal Pace : Odds 50 , Evens 60	2100
Main 2	KICK 25 / SWIM 25 for 200 BEST STROKE FIN SWIM 16 x 25 on 30 25's - 4 , 8 , 12 , 16 - FLY 25's - 2 , 6 , 10 , 14 - SPRINT FREE	2700
Swim Down	SWIM 300 OWN CHOICE	3000