

<b>WEEK 1</b>	<b>GROUP 1</b>	<b>SUNDAY</b>
<b>Warm Up</b>	<b>SWIM 400 FREE – 1<sup>st</sup> 100 Easy, 2<sup>nd</sup> 100 Breath 3's 3<sup>rd</sup> 100 Breath 5's, 4<sup>th</sup> 100 No Breath Last 12m</b>	<b>400</b>
<b>Main</b>	<b>SWIM 8 x 100 on 2:00 IM – 25 FLY Long Relax – 25 BACK Fast Rating Arms – 25 BREAST Focus on Drive From Legs – 25 FREE Sprint to the Wall</b>	<b>1200</b>
<b>Main</b>	<b>SWIM 10 x 75 on 1:30 Best Form – Descend with each 25</b>	<b>1950</b>
<b>Main</b>	<b>FIN KICK 20 x 25 on 30 – BK Odd, FREE Even</b>	<b>2450</b>
<b>Swim Down</b>	<b>SWIM 600 – 1<sup>st</sup> 200 PB + 10, 2<sup>nd</sup> 200 PB + 15, 3<sup>rd</sup> 200 PB + 15</b>	<b>3050</b>