WEEK 1	GROUP 1	WED.
Warm Up	SWIM 16 x 25 FREE 4 on 50 , 4 on 45 , 4 on 40 , 4 on 35 PULL 6 x 50 BREAST SCULL on 1:15	700
Test	SWIM 4 x 50 FREE on 1:30 - PB + 3 SWIM 100 OC on 2:00 REPEAT 4 TIMES Goal is to swim at your goal pace for the 50's	1900
Main	SWIM 300 OC , Kick every 4th 25	2200
Swim Down	SWIM 200 OC	2400