

WEEK 2	GROUP 1	MONDAY
Warm Up	SWIM 300 Own Choice FREE Swim 100, Kick 100, Drill 100 FORM Swim 100, Kick 100, Scull 100	900
Main	SWIM 3 x 25 Free on 2:00, SWIM 1 x 50 on 2:00 MAX. EFFORT SPRINT – REPEAT SWIM 300 Easy	1450
Test	SWIM 3 x 200 on 5:00 Descending 1 to 3 Goal : even split the 200 and swim each 200 faster	2050
Swim Down	FIN SWIM 500 25 FLY, 25 BK, 25 BR (Fly Kick), 25 FREE	2550