

WEEK 2	GROUP 1	SUNDAY
Warm Up	<b>SWITCH STROKES EACH 50</b> <b>SWIM 400 on 8:00 , SWIM 300 on 6:00 ,</b> <b>SWIM 200 on 4:00 , SWIM 100 on 2:00</b>	1000
Main 1	<b>SWITCH STROKES EACH 25</b> <b>SWIM 300 on 5:30 , SWIM 200 on 3:40 ,</b> <b>SWIM 100 on 1:50</b>	1600
Main 2	<b>SWIM 200 FREE on 3:20, SWIM 100 FREE on 1:40</b> <b>SWIM 100 FREE on 1:30</b> <b>FIN KICK 16 x 50 on 60 , ODDS Kick last 10m</b> <b>Underwater, EVENS Kick last 5m Underwater</b>	2800
Swim Down	<b>SWIM 200 Own Choice</b>	3000