

WEEK 2	GROUP 1	WED.
Warm Up	<b>SWIM 50FR / 50BK / 50FR / 50BR / 50FR / 50OC</b> <b>KICK 200 Best Stroke as fast as possible : Goal is 4:30</b> <b>PULL 200 FREE Easy Breath 3</b>	700
Main	<b>SWIM 12 x 25 on 40 – FLY or BREAST</b> <b>PULL 200 FREE Easy Breath 3</b> <b>SWIM 12 x 25 on 35 – FREE or BACK</b> <b>PULL 200 FREE Easy Breath 3 / 5</b> <b>FIN SWIM 8 x 25 on 35 – FLY</b> <b>PULL 200 FREE Easy Breath 3 / 5</b> <b>FIN SWIM 8 x 25 on 30 – FREE</b>	2300
Swim Down	<b>SWIM 200 Switch At Each 25</b>	2500