

WEEK 3	GROUP 1	MONDAY
Warm Up	SWIM 200 FREE , SWIM 100 FORM	300
Main 1	KICK 12.5 FAST, SWIM 12.5 EASY REPEAT 4 TIMES – NO BREAKS 2 SETS FREE , 2 SETS BEST FORM SWIM 2 x 75 on 4:00 AT RACE PACE	550
Main 2	FIN SWIM 20 x 100 on 1:50 1. 100 FREE Breath 3 2. 75 FREE 25 BREAST with FLY KICK 3. 75 FREE 25 BACK 4. 75 FREE 25 FLY	2550
Swim Down	SWIM 250 Own Choice	2800