

WEEK 3	GROUP 1	SUNDAY
Warm Up	SWIM 200 FREE SWIM 4 x 100 30RI as 25 Kick / 25 Swim SETS : FREE , BACK , BREAST , FLY	600
Main 1	FIN SWIM 4 x 50 FLY 20RI , 3 x 75 FREE 20RI 4 x 50 BACK 20RI , 3 x 75 FREE 20RI 4 x 50 BREAST (Fly Kick) 20RI , 3 x 75 FREE 20RI	1875
Main 2	FIN KICK 16 x 50 on 60 ODDS Kick First 10m Underwater EVENS Kick Last 5m Underwater	2675
Swim Down	SWIM 200 Own Choice	2875