

WEEK 3	GROUP 1	WED.
Warm Up	SWIM 8 x 50 on 60 ODDS BACK EVENS BREAST	400
Main 1	KICK 50 / SWIM 50 – 4 x 200 on 20RI each 200 SET 1 and 3 FREE SET 2 and 4 BEST FORM KICK / SCULL 8 x 25 on 60	1400
Main 2	SWIM 2 x 500 on 30RI 200 FREE , 100 IM , 200 FREE – REPEAT	2400
Swim Down	SWIM 300 Own Choice	2700