

WEEK 5	GROUP 1	MONDAY
Warm Up	<p>SWIM 12 x 25 on 40 as 4 FR , 4 BK or BR , 4 FR FIN KICK 4 x 75 on 1:30 – FREE , BACK or FLY PULL 200 as 50FR / 50 BR – Fins On but Don't Kick FIN KICK 4 x 75 on 1:30 – FREE , BACK or FLY PULL 200 as 25FR / 25BR / 25FR / 25 BK</p>	1300
Main	<p>SWIM 12 x 50 FREE on 60 Goal Pace : PB + 5 , No. 12 – Fast As Possible PULL 200 Own Choice SWIM 12 x 50 BEST FORM on 1:10 Goal Pace : PB + 5 , No. 12 – Fast As Possible PULL 200 Own Choice</p>	2900
Swim Down	SWIM 300 OWN CHOICE	3200