

WEEK 5	GROUP 1	SUNDAY
Warm Up	SWIM 200 FREE SWIM 4 x 50 as 25 FREE / 25 BREAST on 60 PULL 4 x 100 FREE on 1:45	800
Main	SWIM 1 x 400 FREE on 8:00 SWIM 2 x 200 FREE or FORM on 4:00 SWIM 4 x 100 FREE or FORM on 2:00 SWIM 8 x 50 FREE on 1:00 SWIM 16 x 25 FREE or FORM on 30	2800
Swim Down	SWIM 200 OWN CHOICE	3000