

<b>WEEK 5</b>	<b>GROUP 1</b>	<b>WED.</b>
<b>Warm Up</b>	<b>SWIM 50 FREE on 60 , 75 FREE on 1:30</b> <b>SWIM 100 FREE on 2:00 , 100 IM on 2:00</b> <b>SWIM 75 IM on 1:30 - NO FREE , 50 IM on 60</b>	<b>450</b>
<b>Main</b>	<b>SWIM 5 x 400 FREE on 8:00</b> <b>SWIM 50 IM on 60</b> <b>SWIM 100 IM on 2:00</b> <b>SWIM 150 IM on 3:00 – NO FREE</b>	<b>2650</b>
<b>Swim Down</b>	<b>SWIM 250 OWN CHOICE</b>	<b>2900</b>