

WEEK 7	GROUP 1	WED.
Warm Up	SWIM 50 FORM on 60 SWIM 75 FORM on 1:40 SWIM 100 FORM on 2:00 SWIM 100 As 25 FLY / 75 FORM on 2:00 SWIM 75 As 25 FLY / 50 FORM on 1:40 SWIM 50 As 25 FLY / 25 FORM on 60	550
Main	SWIM 5 x 400 FREE on 7:30	2550
Swim Down	SWIM 100 IM SWIM 100 As 50 FLY / 25 BACK / 25 BREAST SWIM 150 As 50 FLY / 50 BACK / 50 BREAST SWIM 200 As 50 FLY / 75 BACK / 75 BREAST	3100