

WEEK 8	GROUP 1	MONDAY
Warm Up	<p><b>SWIM 16 x 25 on 35 As 6 FR , 4 BK or BR , 6 FR</b>  <b>FIN KICK 2 x 125 on 2:15 – FREE , BACK or FLY</b>  <b>PULL 200 As 50 FR / 50 BR – Fins On but Don't Kick</b>  <b>FIN KICK 2 x 125 on 2:15 – FREE , BACK or FLY</b>  <b>PULL 200 As 25 FR / 25 BR / 25 FR / 25 BK</b></p>	1300
Main	<p><b>SWIM 12 x 50 FREE on 50</b>  <b>Goal Pace : PB + 5 , No. 12 – Fast As Possible</b>  <b>SWIM 100 EASY – OWN CHOICE</b>  <b>SWIM 12 x 50 BEST FORM on 60</b>  <b>Goal Pace : PB + 5 , No. 12 – Fast As Possible</b>  <b>SWIM 100 EASY – OWN CHOICE</b></p>	2700
Swim Down	<p><b>SWIM 300 OWN CHOICE</b></p>	3000