

WEEK 8	GROUP 1	SUNDAY
Warm Up and Main	SWIM 50 FREE on 10RI SWIM 100 FREE on 15RI SWIM 200 FREE on 20RI SWIM 300 FREE on 30RI SWIM 400 FREE on 60RI SWIM 400 IM or FORM on 60RI SWIM 300 FORM on 50RI SWIM 200 FORM on 40RI SWIM 100 FORM on 30RI SWIM 50 FORM on 20RI FIN KICK 6 x 100 on 2:00	2700
Swim Down	SWIM 300 OWN CHOICE	3000