

<b>WEEK 8</b>	<b>GROUP 1</b>	<b>WED.</b>
<b>Warm Up</b>	<b>SWIM 50 FREE , SWIM 100 IM ,</b> <b>SWIM 100 FREE , SWIM 200 REVERSE IM</b> <b>SWIM 200 FREE , SWIM 100 REVERSE IM</b> <b>SWIM 50 FREE</b>	<b>800</b>
<b>Main</b>	<b>SWIM 1 x 400 FREE on 7:30</b> <b>SWIM 2 x 200 FREE on 3:45</b> <b>SWIM 4 x 100 FREE on 1:50</b> <b>SWIM 8 x 50 FREE on 55</b> <b>SWIM 16 x 25 FREE on 30</b>	<b>2800</b>
<b>Swim Down</b>	<b>SWIM 200 OWN CHOICE</b>	<b>3000</b>