

WEEK 9	GROUP 1	MONDAY
Warm Up	<b>SWIM 400 OWN CHOICE</b> <b>SWIM 400 As 25 FREE / 25 BREAST on 60</b> <b>PULL 4 x 100 FREE on 1:45</b>	1200
Main	<b>SWIM 1 x 200 FREE on 3:45</b> <b>SWIM 2 x 100 FORM or IM on 2:10</b> <b>SWIM 4 x 50 FREE on 55</b> <b>SWIM 2 x 100 FORM or IM on 2:10</b> <b>SWIM 8 x 25 FREE on 30</b> <b>SWIM 2 x 100 FORM or IM on 2:10</b>	2400
Swim Down	<b>SWIM 6 x 50 FREE on 60 – Easy</b> <b>SWIM 6 x 50 FORM on 1:15 – Easy</b>	3000