

WEEK 9	GROUP 1	SUNDAY
Warm Up	<p>SWIM 3 x 100 FREE on 2:15 at PB + 15 Pace FIN KICK 25 / SWIM 25 16 x 50 on 60 As 4 Fly , 4 Back , 4 Breast (Fly Kick), 4 Free</p>	1000
Main	<p>SWIM 200 FREE Descend Each 50 SWIM 100 OWN CHOICE – Easy SWIM 10 x 50 FREE on 2:00 The Goal is for No. 10 to be PB + 3, No. 9 to be PB + 4, No. 8 to be PB + 5 etc. – Try to Pace Descend by 1 SWIM 200 OWN CHOICE – Easy</p>	2000
Swim Down	<p>SWIM 6 x 50 FREE on 60 – Easy SWIM 200 OWN CHOICE</p>	2500