

WEEK 9	GROUP 1	WED.
Warm Up	SWIM 200 OWN CHOICE PULL 200 FREE SWIM 200 OWN CHOICE PULL 200 FREE SWIM 4 x 50 FREE on 1:05	1000
Main	SWIM 20 x 50 FREE on 55 These are SPRINTS FIN KICK 10 x 50 on 1:10	2500
Swim Down	SWIM 5 x 50 FREE on 60 – Easy SWIM 5 x 50 FORM on 1:15 – Easy	3000