

WEEK 10	GROUP 2	MONDAY
Warm Up	SWIM 400 OWN CHOICE	400
Main	<p>SWIM 1 x 50 FREE on 2:00 – Max. Effort</p> <p>SWIM 3 x 100 FREE on 2:00</p> <p>As 1st - 70% , 2nd - 75% , 3rd - 80%</p> <p>SWIM 2 x 50 FREE on 1:10</p> <p>SWIM 3 x 100 FREE on 2:00</p> <p>As 1st - 70% , 2nd - 75% , 3rd - 80%</p> <p>60 Seconds Rest – Repeat Above Another 2 Times</p>	2550
Swim Down	SWIM 250 OWN CHOICE – Easy	2800