

WEEK 10	GROUP 2	WED.
Warm Up	<p>SWIM 7 x 50 FREE on 1:05 SWIM 4 x 50 BREAST / FREE on 1:10 KICK 10 x 25 BEST STROKE As ODDS on 50 , EVENS on 40</p>	800
Main	<p>FIN SWIM 14 x 75 FREE As ODDS on 1:20 , EVENS on 1:30 KICK 25 / SWIM 25 For 150 FORM FIN SWIM 12 x 25 FREE on 35 - Every 4th 25 SPRINT</p>	2300
Swim Down	SWIM 200 OWN CHOICE – Easy	2500