

WEEK 1	GROUP 2	MONDAY
Warm Up	SWIM 7 x 50 FREE on 50 SWIM 4 x 50 BREAST / FREE on 60 KICK 10 x 25 BEST STROKE Odds Fast All 25 , Evens Fast for First 12.5	800
Main 1	FIN SWIM 14 x 75 FREE Odds on 1:20 , Evens on 1:30	1850
Main 2	KICK 25 / SWIM 25 for 150 BEST STROKE FIN SWIM 12 x 25 FREE on 35 Except 25's - 6 , 12 - FLY	2300
Swim Down	SWIM 200 OWN CHOICE	2500