

WEEK 1	GROUP 2	WED.
Warm Up	<b>SWIM 14 x 25 FREE</b> <b>4 on 50 , 4 on 45 , 4 on 40 , 2 on 35</b> <b>PULL 6 x 50 BREAST on 1:15</b>	650
Test	<b>SWIM 4 x 50 BEST STROKE on 1:30 - PB + 3</b> <b>SWIM 100 OC on 2:00</b> <b>REPEAT 4 TIMES</b> <b>Goal is to swim at your goal pace for the 50's</b>	1850
Main	<b>SWIM 300 OC , Kick every 4<sup>th</sup> 25</b>	2150
Swim Down	<b>SWIM 100 OC</b>	2250