

WEEK 2	GROUP 2	SUNDAY
Warm Up	SWITCH STROKES EACH 50 SWIM 400 on 8:00 , SWIM 300 on 6:00 , SWIM 200 on 4:00 , SWIM 100 on 2:00	1000
Main 1	SWITCH STROKES EACH 25 SWIM 300 on 5:30 , SWIM 200 on 3:40 , SWIM 100 on 1:50	1600
Main 2	SWIM 200 FREE on 3:20, SWIM 100 FREE on 1:40 SWIM 100 FREE on 1:30 FIN KICK 16 x 50 on 60 , ODDS Kick last 10m Underwater, EVENS Kick last 5m Underwater	2800
Swim Down	SWIM 200 Own Choice	3000