

WEEK 2	GROUP 2	WED.
Warm Up	SWIM 250 Switch at each 50 KICK 200 Best Stroke as fast as possible : Goal is 5:00 PULL 150 FREE Easy Breath 3	600
Main	SWIM 10 x 25 on 45 – FLY or BREAST PULL 150 FREE Easy Breath 3 SWIM 10 x 25 on 40 – FREE or BACK PULL 150 FREE Easy Breath 3 / 5 FIN SWIM 6 x 25 on 40 – FLY PULL 150 FREE Easy Breath 3 / 5 FIN SWIM 6 x 25 on 35 – FREE	1850
Swim Down	SWIM 250 Switch At Each 25	2100