

<b>WEEK 3</b>	<b>GROUP 2</b>	<b>WED.</b>
<b>Warm Up</b>	<b>SWIM 8 x 50 on 60 ODDS BACK EVENS BREAST</b>	<b>400</b>
<b>Main 1</b>	<b>KICK 50 / SWIM 50 – 4 x 200 on 20RI each 200 SET 1 and 3 FREE SET 2 and 4 BEST FORM KICK / SCULL 8 x 25 on 60</b>	<b>1400</b>
<b>Main 2</b>	<b>SWIM 2 x 500 on 30RI 200 FREE , 100 IM , 200 FREE – REPEAT</b>	<b>2400</b>
<b>Swim Down</b>	<b>SWIM 300 Own Choice</b>	<b>2700</b>