

WEEK 5	GROUP 2	MONDAY
Warm Up	<p><b>SWIM 12 x 25 on 40 as 4 FR , 4 BK or BR , 4 FR</b>  <b>FIN KICK 4 x 75 on 1:30 – FREE , BACK or FLY</b>  <b>PULL 200 as 50FR / 50 BR – Fins On but Don't Kick</b>  <b>FIN KICK 4 x 75 on 1:30 – FREE , BACK or FLY</b>  <b>PULL 200 as 25FR / 25BR / 25FR / 25 BK</b></p>	1300
Main	<p><b>SWIM 12 x 50 FREE on 60</b>  <b>Goal Pace : PB + 5 , No. 12 – Fast As Possible</b>  <b>PULL 200 Own Choice</b>  <b>SWIM 12 x 50 BEST FORM on 1:10</b>  <b>Goal Pace : PB + 5 , No. 12 – Fast As Possible</b>  <b>PULL 200 Own Choice</b></p>	2900
Swim Down	<b>SWIM 300 OWN CHOICE</b>	3200