

| WEEK 5 | GROUP 2 | WED. |
|------------------|---|-------------|
| Warm Up | SWIM 50 FREE on 60 , 75 FREE on 1:30 SWIM 100 FREE on 2:00 , 100 IM on 2:00 SWIM 75 IM on 1:30 - NO FREE , 50 IM on 60 | 450 |
| Main | SWIM 5 x 350 FREE on 8:00 SWIM 50 IM on 60 SWIM 100 IM on 2:00 SWIM 150 IM on 3:00 – NO FREE | 2400 |
| Swim Down | SWIM 100 OWN CHOICE | 2500 |