

WEEK 7	GROUP 2	MONDAY
Warm Up	<b>SWIM 12 x 25 on 40 – 5 FR / 5 BK or BR / 5 FR</b>	<b>300</b>
Main	<b>FIN KICK 4 x 100 on 2:00 – FR, BK or FLY</b> <b>PULL 200 As 50 FREE / 50 BREAST</b> <b>Leave Fins On But Do Not Kick</b> <b>FIN KICK 4 x 100 on 2:00 – FR, BK or FLY</b> <b>PULL 200 As 25 FR / 25 BR / 25 FR / 25 BK</b> <b>SWIM 10 x 50 FREE on 55 – SPRINT No. 10</b> <b>SWIM 10 x 50 FORM on 1:05 – SPRINT No. 10</b>	<b>2500</b>
Swim Down	<b>SWIM 200 OWN CHOICE</b>	<b>2700</b>