

WEEK 7	GROUP 2	WED.
Warm Up	<b>SWIM 50 FORM on 60</b> <b>SWIM 75 FORM on 1:40</b> <b>SWIM 100 FORM on 2:00</b> <b>SWIM 100 As 25 FLY / 75 FORM on 2:00</b> <b>SWIM 75 As 25 FLY / 50 FORM on 1:40</b> <b>SWIM 50 As 25 FLY / 25 FORM on 60</b>	550
Main	<b>SWIM 5 x 350 FREE on 7:30</b>	2300
Swim Down	<b>SWIM 100 IM</b> <b>SWIM 100 As 50 FLY / 25 BACK / 25 BREAST</b> <b>SWIM 200 As 50 FLY / 75 BACK / 75 BREAST</b>	2700