

WEEK 8	GROUP 2	MONDAY
Warm Up	<p>SWIM 12 x 25 on 40 As 4 FR , 4 BK or BR , 4 FR FIN KICK 2 x 100 on 2:00 – FREE , BACK or FLY PULL 200 as 50FR / 50 BR – Fins On but Don't Kick FIN KICK 2 x 100 on 2:00 – FREE , BACK or FLY PULL 200 as 25 FR / 25 BR / 25 FR / 25 BK</p>	1100
Main	<p>SWIM 10 x 50 FREE on 60 Goal Pace : PB + 5 , No. 10 – Fast As Possible SWIM 100 EASY – OWN CHOICE SWIM 10 x 50 BEST FORM on 1:10 Goal Pace : PB + 5 , No. 10 – Fast As Possible SWIM 100 EASY – OWN CHOICE</p>	2300
Swim Down	<p>SWIM 300 OWN CHOICE</p>	2600