

WEEK 8	GROUP 2	WED.
Warm Up	SWIM 50 FREE , SWIM 100 IM , SWIM 100 FREE , SWIM 100 REVERSE IM , SWIM 100 FREE , SWIM 100 REVERSE IM , SWIM 50 FREE	600
Main	SWIM 1 x 400 FREE on 8:00 SWIM 2 x 200 FREE on 4:00 SWIM 4 x 100 FREE on 2:00 SWIM 6 x 50 FREE on 60 SWIM 8 x 25 FREE on 35	2300
Swim Down	SWIM 200 OWN CHOICE	2500