

WEEK 9	GROUP 2	MONDAY
Warm Up	<b>SWIM 400 OWN CHOICE</b> <b>SWIM 300 As 25 FREE / 25 BREAST on 60</b> <b>PULL 3 x 100 FREE on 2:00</b>	1000
Main	<b>SWIM 1 x 200 FREE on 4:00</b> <b>SWIM 2 x 100 FORM or IM on 2:20</b> <b>SWIM 4 x 50 FREE on 60</b> <b>SWIM 2 x 100 FORM or IM on 2:20</b> <b>SWIM 8 x 25 FREE on 35</b> <b>SWIM 2 x 100 FORM or IM on 2:20</b>	2200
Swim Down	<b>SWIM 4 x 50 FREE on 1:10 – Easy</b> <b>SWIM 4 x 50 FORM on 1:20 – Easy</b>	2600