

WEEK 9	GROUP 2	WED.
Warm Up	SWIM 200 OWN CHOICE PULL 200 FREE SWIM 200 OWN CHOICE PULL 200 FREE SWIM 4 x 50 FREE on 1:10	1000
Main	SWIM 20 x 50 FREE on 60 These are SPRINTS FIN KICK 8 x 50 on 1:15	2400
Swim Down	SWIM 4 x 50 FREE on 1:05 – Easy SWIM 4 x 50 FORM on 1:15 – Easy	2800