

WEEK 10	GROUP 3	MONDAY
Warm Up	SWIM 300 OWN CHOICE	300
Main	SWIM 1 x 50 FREE on 2:30 – Max. Effort SWIM 2 x 100 FREE on 2:15 As 1st - 70% , 2nd - 75% , 3rd - 80% SWIM 2 x 50 FREE on 1:20 SWIM 2 x 100 FREE on 2:15 As 1st - 70% , 2nd - 75% , 3rd - 80% 60 Seconds Rest – Repeat Above Another 2 Times	1950
Swim Down	SWIM 350 OWN CHOICE – Easy	2300