

WEEK 10	GROUP 3	SUNDAY
Warm Up	SWIM 2 x 150 FREE / FORM on 3:30 SWIM 4 x 75 IM (No Fly) on 2:15 SWIM 6 x 50 FREE / BACK or BREAST on 1:15	900
Main	FIN SWIM 4 x 150 FREE or BACK on 3:20 FIN SWIM 4 x 50 FREE / BACK or FLY on 1:15 FIN SWIM 4 x 50 FREE / BR (FLY Kick) on 1:15 FIN SWIM 4 x 50 FREE on 1:10	2100
Swim Down	SWIM 200 OWN CHOICE	2300