

WEEK 1	GROUP 3	MONDAY
Warm Up	SWIM 6 x 50 FREE on 1:10 SWIM 4 x 50 BREAST / FREE on 1:15 KICK 8 x 25 BEST STROKE Odds Fast All 25 , Evens Fast for First 12.5	700
Main 1	FIN SWIM 12 x 75 FREE on 1:40 Goal : Odds on 1:10 , Evens on 1:15	1600
Main 2	KICK 25 / SWIM 25 for 150 BEST STROKE FIN SWIM 10 x 25 FREE on 40 Except 25's - 5 , 10 - FLY	2000
Swim Down	SWIM 200 OWN CHOICE	2200