

WEEK 1	GROUP 3	SUNDAY
Warm Up	SWIM 400 FREE – 1st 100 Easy, 2nd 100 Breath 3's 3rd Breath 5's, 4th No Breath Last 5m	400
Main	SWIM 6 x 100 on 2:30 IM – 25 FLY Long Relax (do FR if Fly is a problem) – 25 BACK Fast Rating Arms – 25 BREAST Focus on Drive From Legs – 25 FREE Sprint to the Wall	1000
Main	SWIM 6 x 75 on 2:00 Best Form – Descend with each 25	1450
Main	FIN KICK 16 x 25 on 45 – BK Odd, FREE Even	1850
Swim Down	SWIM 300 – Alternate 50 FR 50 BK, 50 FR 50 BR	2150