

WEEK 1	GROUP 3	WED.
Warm Up	SWIM 12 x 25 FREE 4 on 55 , 4 on 50 , 4 on 45 PULL 5 x 50 BREAST on 1:30	550
Test	SWIM 4 x 50 BEST STROKE on 200 - PB + 3 SWIM 100 OC on 2:30 REPEAT 3 TIMES Goal is to swim at your goal pace for the 50's	1450
Main	SWIM 200 OC , Kick every 4th 25	1650
Swim Down	SWIM 100 OC	1750