

WEEK 2	GROUP 3	MONDAY
Warm Up	<b>SWIM 200 Own Choice</b> <b>FREE Swim 100, Kick 50, Drill 50</b> <b>FORM Swim 100, Kick 50, Scull 50</b>	600
Main	<b>SWIM 3 x 25 Free on 2:00, SWIM 1 x 50 on 2:00</b> <b>MAX. EFFORT SPRINT – REPEAT</b> <b>SWIM 200 Easy</b>	1050
Test	<b>SWIM 3 x 200 on 6:00 Descending 1 to 3</b> <b>Goal : even split the 200 and swim each 200 faster</b>	1650
Swim Down	<b>FIN SWIM 300</b> <b>25 FLY, 25 BK, 25 BR (Fly Kick), 25 FREE</b>	1950