

WEEK 2	GROUP 3	WED.
Warm Up	<b>SWIM 200 Switch at each 25</b> <b>KICK 200 Best Stroke as fast as possible : Goal is 7:00</b> <b>PULL 100 FREE Easy Breath 3</b>	500
Main	<b>SWIM 8 x 25 on 50 – FLY or BREAST</b> <b>PULL 100 FREE Easy Breath 3</b> <b>SWIM 8 x 25 on 45 – FREE or BACK</b> <b>PULL 100 FREE Easy Breath 3 / 5</b> <b>FIN SWIM 6 x 25 on 45 – FLY or FREE</b> <b>PULL 100 FREE Easy Breath 3 / 5</b> <b>FIN SWIM 6 x 25 on 40 – FREE</b>	1500
Swim Down	<b>SWIM 200 Switch At Each 25</b>	1700