

WEEK 3	GROUP 3	SUNDAY
Warm Up	<b>SWIM 200 FREE</b> <b>SWIM 4 x 100 40RI as 25 Kick / 25 Swim</b> <b>SETS : FREE , BACK , BREAST , FLY</b>	600
Main 1	<b>FIN SWIM</b> <b>4 x 50 FLY DRILL 20RI , 3 x 50 FREE 20RI</b> <b>4 x 50 BACK DRILL 20RI , 3 x 50 FREE 20RI</b> <b>4 x 50 BREAST (Fly Kick) 20RI , 3 x 75 FREE 20RI</b>	1650
Main 2	<b>FIN KICK 12 x 50 on 1:15</b> <b>ODDS Kick First 10m Underwater</b> <b>EVENS Kick Last 5m Underwater</b>	2250
Swim Down	<b>SWIM 200 Own Choice</b>	2450