

WEEK 3	GROUP 3	WED.
Warm Up	SWIM 6 x 50 on 1:15 ODDS BACK EVENS BREAST	300
Main 1	KICK 25 / SWIM 25 – 4 x 150 on 20RI each 150 SET 1 and 3 FREE , SET 2 and 4 BEST FORM KICK / SCULL 6 x 25 on 1:15	1050
Main 2	SWIM 100 FREE SWIM 4 x 25 IM 25 of Each Stroke 30RI at each 25 SWIM 100 FREE REPEAT	1650
Swim Down	SWIM 250 Own Choice	1900