

WEEK 5	GROUP 3	MONDAY
Warm Up	<p>SWIM 10 x 25 on 60 as 5 FREE , 5 FORM</p> <p>FIN KICK 4 x 75 on 1:50 – FREE , BACK or FLY</p> <p>PULL 150 as 50FR / 50 BR – Fins On but Don't Kick</p> <p>FIN KICK 4 x 75 on 1:30 – FREE , BACK or FLY</p> <p>PULL 150 as 25FR / 25BR / 25FR / 25 BK</p>	1150
Main	<p>SWIM 10 x 50 FREE on 1:15</p> <p>Goal Pace : PB + 10 , No. 10 – Fast As Possible</p> <p>PULL 150 Own Choice</p> <p>SWIM 10 x 50 BEST FORM on 1:30</p> <p>Goal Pace : PB + 10 , No. 12 – Fast As Possible</p> <p>PULL 150 Own Choice</p>	2450
Swim Down	SWIM 250 OWN CHOICE	2700