

WEEK 5	GROUP 3	SUNDAY
Warm Up	SWIM 150 FREE SWIM 3 x 50 as 25 FREE / 25 BREAST on 1:15 PULL 2 x 100 FREE on 2:15	500
Main	SWIM 1 x 300 FREE on 8:00 SWIM 2 x 150 FREE or FORM on 4:00 SWIM 4 x 75 FREE or FORM on 2:00 SWIM 6 x 50 FREE on 1:15 SWIM 12 x 25 FREE or FORM on 45	2000
Swim Down	SWIM 200 OWN CHOICE	2200