

WEEK 5	GROUP 3	WED.
Warm Up	<b>SWIM 50 FREE on 15RI , 75 FREE on 15RI</b> <b>SWIM 100 FREE on 15RI , 100 IM or FORM on 15RI</b> <b>SWIM 75 FORM on 15RI , 50 IM or FORM on 15RI</b>	450
Main	<b>SWIM 5 x 300 FREE on 8:00 – FINS OPTIONAL</b>	1950
Swim Down	<b>SWIM 50 IM on 20RI</b> <b>SWIM 100 IM on 20RI</b> <b>SWIM 100 OWN CHOICE</b>	2200