

WEEK 7	GROUP 3	MONDAY
Warm Up	SWIM 10 x 25 on 45 – 5 FREE / 5 FORM	250
Main	FIN KICK 4 x 100 on 2:10 – FR, BK or FLY PULL 150 As 50 FREE / 50 BREAST Leave Fins On But Do Not Kick FIN KICK 4 x 100 on 2:10 – FR, BK or FLY PULL 150 As 25 FR / 25 BR / 25 FR / 25 BK SWIM 8 x 50 FREE on 1:10 – SPRINT No. 8 SWIM 8 x 50 FORM on 1:25 – SPRINT No. 8	2150
Swim Down	SWIM 250 OWN CHOICE	2400