

WEEK 7	GROUP 3	WED.
Warm Up	SWIM 50 FORM on 10RI SWIM 75 FORM on 10RI SWIM 100 FORM on 10RI SWIM 100 As 50 FORM / 50 FREE on 10RI SWIM 75 As 50 FORM / 25 FREE on 10RI SWIM 50 As 25 FORM / 25 FREE on 10RI	550
Main	SWIM 5 x 300 FREE on 7:30 – Fins Optional	2050
Swim Down	SWIM 100 IM – Fly Optional SWIM 150 As 50 FORM / 50 FREE / 50 FORM	2300