

WEEK 8	GROUP 3	MONDAY
Warm Up	<p>SWIM 8 x 25 on 50 As 4 FREE , 4 FORM</p> <p>FIN KICK 2 x 100 on 2:30 – FREE , BACK or FLY</p> <p>PULL 150 as 50FR / 50 BR – Fins On but Don't Kick</p> <p>FIN KICK 2 x 100 on 2:30 – FREE , BACK or FLY</p> <p>PULL 150 as 25 FR / 25 BR / 25 FR / 25 BK</p>	900
Main	<p>SWIM 8 x 50 FREE on 1:15</p> <p>Goal Pace : PB + 5 , No. 8 – Fast As Possible</p> <p>SWIM 150 EASY – OWN CHOICE</p> <p>SWIM 8 x 50 BEST FORM on 1:30</p> <p>Goal Pace : PB + 5 , No. 8 – Fast As Possible</p> <p>SWIM 150 EASY – OWN CHOICE</p>	2000
Swim Down	SWIM 200 OWN CHOICE	2200