

WEEK 8	GROUP 3	SUNDAY
Warm Up and Main	SWIM 50 FREE on 10RI SWIM 100 FREE on 20RI SWIM 200 FREE on 40RI SWIM 300 FREE on 60RI SWIM 300 IM or FORM on 60RI SWIM 200 FORM on 50RI SWIM 100 FORM on 40RI SWIM 50 FORM on 30RI FIN KICK 5 x 100 on 2:30	1800
Swim Down	SWIM 200 OWN CHOICE	2000