

WEEK 8	GROUP 3	WED.
Warm Up	SWIM 50 FREE , SWIM 100 FORM , SWIM 100 FREE , SWIM 100 FORM , SWIM 100 FREE , SWIM 100 FORM , SWIM 50 FREE	600
Main	SWIM 1 x 300 FREE on 7:30 SWIM 2 x 150 FREE on 3:30 SWIM 4 x 75 FREE on 1:45 SWIM 4 x 50 FREE on 1:15 SWIM 4 x 25 FREE on 45	1800
Swim Down	SWIM 200 OWN CHOICE	2000