

WEEK 9	GROUP 3	MONDAY
Warm Up	<b>SWIM 300 OWN CHOICE</b> <b>SWIM 200 As 25 FREE / 25 BREAST on 60</b> <b>PULL 3 x 100 FREE on 2:00</b>	800
Main	<b>SWIM 1 x 200 FREE on 4:30</b> <b>SWIM 2 x 100 FORM or IM on 2:45</b> <b>SWIM 4 x 50 FREE on 1:15</b> <b>SWIM 2 x 100 FORM or IM on 2:45</b> <b>SWIM 8 x 25 FREE on 45</b> <b>SWIM 2 x 100 FORM or IM on 2:45</b>	2000
Swim Down	<b>SWIM 200 OWN CHOICE</b>	2200