

| WEEK 9 | GROUP 3 | SUNDAY |
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| Warm Up | <p>SWIM 2 x 100 FREE on 2:30 at PB + 15 Pace FIN KICK 25 / SWIM 25 12 x 50 on 60 As 4 Back , 4 Breast (Fly Kick) , 4 Free</p> | 800 |
| Main | <p>SWIM 150 FREE Descend Each 50 SWIM 50 OWN CHOICE – Easy SWIM 8 x 50 FREE on 2:30 The Goal is for No. 8 to be PB + 3, No. 7 to be PB + 4, No. 6 to be PB + 5 etc. – Try to Pace Descend by 1 SWIM 200 OWN CHOICE – Easy</p> | 1600 |
| Swim Down | <p>SWIM 4 x 50 FREE on 1:15 – Easy SWIM 100 OWN CHOICE</p> | 1900 |