

<b>WEEK 9</b>	<b>GROUP 3</b>	<b>WED.</b>
<b>Warm Up</b>	<b>SWIM 150 OWN CHOICE</b> <b>PULL 150 FREE</b> <b>SWIM 150 OWN CHOICE</b> <b>PULL 150 FREE</b> <b>SWIM 4 x 50 FREE on 1:30</b>	<b>800</b>
<b>Main</b>	<b>SWIM 16 x 50 FREE on 1:15</b> <b>These are SPRINTS</b> <b>FIN KICK 8 x 50 on 1:20</b>	<b>2000</b>
<b>Swim Down</b>	<b>SWIM 3 x 50 FREE – Easy</b> <b>SWIM 3 x 50 FORM – Easy</b>	<b>2300</b>