

WEEK 1	GROUP 4	WED.
Warm Up	<b>SWIM 10 x 25 FREE</b> <b>4 on 20RI , 4 on 15RI , 2 on 10RI</b> <b>PULL 4 x 50 BREAST on 30RI</b>	450
Test	<b>SWIM 4 x 50 FREE on 30RI FAST</b> <b>SWIM 4 x 25 FREE on 15RI EASY</b> <b>SWIM 4 x 50 FORM on 40RI FAST</b> <b>SWIM 4 x 25 FORM on 20RI EASY</b> <b>REPEAT 2 TIMES</b> <b>Goal is to swim race pace for the 50's and very easy for the 25's</b>	1650
Swim Down	<b>SWIM 200 OC</b>	1850