

<b>WEEK 9</b>	<b>GROUP 4</b>	<b>SUNDAY</b>
<b>Warm Up</b>	<p><b>SWIM 4 x 50 FREE on 30RI</b></p> <p><b>SWIM 4 x 50 BREAST on 30RI</b></p> <p><b>SWIM 4 x 50 BACK on 30RI</b></p>	<b>600</b>
<b>Main</b>	<p><b>SWIM 100 OWN CHOICE – Easy</b></p> <p><b>SWIM 8 x 50 FREE on 3:00</b></p> <p><b>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</b></p> <p><b>SWIM 200 OWN CHOICE – Easy</b></p>	<b>1300</b>
<b>Swim Down</b>	<p><b>SWIM 4 x 50 FREE on 30RI – Easy</b></p> <p><b>SWIM 100 OWN CHOICE</b></p>	<b>1600</b>