

WEEK 11	GROUP 1	MONDAY
Warm Up	SWIM 200 OWN CHOICE	200
Main	<p>SWIM 3 x 400 FREE on 7:00 – Last 25 SPRINT</p> <p>SWIM 4 x 25 IM SEQUENCE on 40</p> <p>SWIM 2 x 50 FREE / BACK or BREAST on 1:10</p> <p>SPRINT SET Start</p> <p>SWIM 1 x 25 FLY on 45</p> <p>SWIM 1 x 50 BACK on 1:15</p> <p>SWIM 1 x 50 BREAST on 1:15</p> <p>SWIM 1 x 25 FREE on 1:00</p> <p>REPEAT SPRINT SET ANOTHER 3 TIMES</p>	2200
Swim Down	SWIM 5 x 100 OWN CHOICE on 2:00 – Easy	2700