

<b>WEEK 11</b>	<b>GROUP 1</b>	<b>WED.</b>
<b>Warm Up</b>	<b>SWIM 200 OWN CHOICE SWIM 2 x 100 IM</b>	<b>400</b>
<b>Main</b>	<b>SWIM 6 x 25 FREE on 1:10 - SPRINT SWIM 4 x 100 FREE on 1:50 As 1<sup>st</sup> Two 80 % Effort , 2<sup>nd</sup> Two 70% Effort 60 Seconds Rest REPEAT SET ANOTHER 2 TIMES</b>	<b>2050</b>
<b>Swim Down</b>	<b>SWIM 450 OWN CHOICE – Easy</b>	<b>2500</b>