

WEEK 12	GROUP 1	MONDAY
Warm Up	<b>SWIM 3 x 100 As 75 FREE / 25 FORM on 2:00</b> <b>FIN KICK 6 x 75 FREE / BACK / FLY on 10RI</b> <b>PULL 2 x 125 FREE / BACK on 15RI</b>	1000
Main	<b>SWIM 200 FREE on 3:45</b> <b>SWIM 200 BROKEN IM on 4:00</b> <b>As 50 FREE / 50 BACK / 50 FREE / 50 BREAST</b> <b>REPEAT 200's ANOTHER 2 TIMES (6 in Total)</b> <b>SWIM 6 x 50 FREE on 50</b>	2500
Swim Down	<b>SWIM 5 x 100 OWN CHOICE on 2:00 – Easy</b>	3000