

WEEK 12	GROUP 1	SUNDAY
Warm Up	SWIM 2 x 200 150 FREE / 50 FORM on 15RI FIN KICK 6 x 100 FREE on 1:45	1000
Main	SWIM 200 FREE on 3:45 SWIM 4 x 50 FORM on 1:10 SWIM 2 x 100 IM on 2:15 SWIM 4 x 25 FREE on 45 - SPRINT 60 Seconds Rest REPEAT SET ANOTHER TIME SWIM 6 x 50 FREE on 60 - Easy	2700
Swim Down	SWIM 300 OWN CHOICE	3000