

WEEK 12	GROUP 1	WED.
Warm Up	SWIM 300 OWN CHOICE on 20RI SWIM 3 x 100 IM on 10RI PULL 4 x 100 FREE on 1:45	1000
Main	SWIM 100 FREE on 1:50 SWIM 75 IM (No Fly) on 1:30 SWIM 50 FORM on 1:10 SWIM 3 x 25 FREE on 30 - SPRINT 60 Seconds Rest REPEAT SET ANOTHER 4 TIMES (5 in Total)	2500
Swim Down	SWIM 500 OWN CHOICE – Easy	3000