

WEEK 11	GROUP 2	MONDAY
Warm Up	<b>SWIM 200 OWN CHOICE</b>	<b>200</b>
Main	<p><b>SWIM 3 x 400 FREE on 7:15 – Last 25 SPRINT</b></p> <p><b>SWIM 4 x 25 IM SEQUENCE on 45</b></p> <p><b>SWIM 2 x 50 FREE / BACK or BREAST on 1:20</b></p> <p><b>SPRINT SET Start</b></p> <p><b>SWIM 1 x 25 FLY on 50</b></p> <p><b>SWIM 1 x 50 BACK on 1:15</b></p> <p><b>SWIM 1 x 50 BREAST on 1:15</b></p> <p><b>SWIM 1 x 25 FREE on 1:10</b></p> <p><b>REPEAT SPRINT SET ANOTHER 3 TIMES</b></p>	<b>2200</b>
Swim Down	<b>SWIM 4 x 100 OWN CHOICE on 2:10 – Easy</b>	<b>2600</b>