

WEEK 11	GROUP 2	SUNDAY
Warm Up	SWIM 2 x 200 FREE / FORM on 4:00 PULL 3 x 100 FREE on 2:00	700
Main	SWIM 4 x 50 FREE on 60 SWIM 3 x 100 FORM on 2:20 SWIM 2 x 150 FREE on 3:00 SWIM 3 x 100 IM on 2:30 SWIM 2 x 150 FREE on 2:50 SWIM 4 x 50 FORM on 1:15 SWIM 4 x 25 FREE on 45 – SPRINT	2400
Swim Down	SWIM 200 OWN CHOICE	2600