

| <b>WEEK 11</b>   | <b>GROUP 2</b>  | <b>WED.</b> |
|------------------|---|-------------|
| <b>Warm Up</b>   | <b>SWIM 200 OWN CHOICE<br/>SWIM 2 x 100 IM</b>  | <b>400</b>  |
| <b>Main</b>      | <b>SWIM 6 x 25 FREE on 1:15 - SPRINT<br/>SWIM 4 x 100 FREE on 2:00<br/>As 1<sup>st</sup> Two 80 % Effort , 2<sup>nd</sup> Two 70% Effort<br/>60 Seconds Rest<br/>REPEAT SET ANOTHER 2 TIMES</b> | <b>2050</b> |
| <b>Swim Down</b> | <b>SWIM 350 OWN CHOICE – Easy</b>   | <b>2400</b> |