

WEEK 12	GROUP 2	SUNDAY
Warm Up	<b>SWIM 2 x 200 150 FREE / 50 FORM on 15RI</b> <b>FIN KICK 4 x 100 FREE on 2:00</b>	800
Main	<b>SWIM 200 FREE on 4:00</b> <b>SWIM 4 x 50 FORM on 1:15</b> <b>SWIM 2 x 100 IM on 2:30</b> <b>SWIM 4 x 25 FREE on 45 - SPRINT</b> <b>60 Seconds Rest</b> <b>REPEAT SET ANOTHER TIME</b> <b>SWIM 4 x 50 FREE on 1:10 - Easy</b>	2400
Swim Down	<b>SWIM 200 OWN CHOICE</b>	2600