

WEEK 12	GROUP 2	WED.
Warm Up	SWIM 300 OWN CHOICE on 20RI SWIM 2 x 100 IM on 15RI PULL 3 x 100 FREE on 2:00	800
Main	SWIM 100 FREE on 2:00 SWIM 75 IM (No Fly) on 1:40 SWIM 50 FORM on 1:15 SWIM 3 x 25 FREE on 40 - SPRINT 60 Seconds Rest REPEAT SET ANOTHER 4 TIMES (5 in Total)	2300
Swim Down	SWIM 300 OWN CHOICE – Easy	2600