

WEEK 11	GROUP 3	SUNDAY
Warm Up	SWIM 2 x 200 FREE / FORM on 4:30 PULL 2 x 100 FREE on 2:30	600
Main	SWIM 4 x 50 FREE on 1:15 SWIM 2 x 100 FORM on 2:40 SWIM 2 x 100 FREE on 2:30 SWIM 3 x 100 IM on 3:00 SWIM 2 x 100 FREE on 2:20 SWIM 4 x 50 FORM on 1:10 SWIM 4 x 25 FREE on 45 – SPRINT	2000
Swim Down	SWIM 200 OWN CHOICE	2200