

WEEK 11	GROUP 3	WED.
Warm Up	SWIM 200 OWN CHOICE SWIM 2 x 100 IM	400
Main	SWIM 6 x 25 FREE on 1:30 - SPRINT SWIM 3 x 100 FREE on 2:30 As 1st Two 80 % Effort , 2nd Two 70% Effort 60 Seconds Rest REPEAT SET ANOTHER 2 TIMES	1750
Swim Down	SWIM 250 OWN CHOICE – Easy	2000