

WEEK 12	GROUP 3	MONDAY
Warm Up	SWIM 2 x 100 As 75 FREE / 25 FORM on 20RI FIN KICK 4 x 75 FREE / BACK / FLY on 20RI PULL 2 x 100 FREE or BACK on 20RI	700
Main	SWIM 200 FREE on 30RI SWIM 200 BROKEN IM on 30RI As 50 FREE / 50 BACK / 50 FREE / 50 BREAST REPEAT 200's ANOTHER TIME (4 in Total) SWIM 6 x 50 FREE on 1:10	1800
Swim Down	SWIM 4 x 100 OWN CHOICE on 2:30 – Easy	2200