

WEEK 12	GROUP 3	WED.
Warm Up	SWIM 200 OWN CHOICE SWIM 2 x 100 IM on 20RI PULL 2 x 100 FREE on 20RI	600
Main	SWIM 100 FREE on 20RI SWIM 75 IM (No Fly) on 15RI SWIM 50 FORM on 15RI SWIM 25 FREE - SPRINT 60 Seconds Rest REPEAT SET ANOTHER 4 TIMES (5 in Total)	1850
Swim Down	SWIM 350 OWN CHOICE – Easy	2200