

WEEK 11	GROUP 4	MONDAY
Warm Up	SWIM 8 x 25 BACK / BREAST on 10RI	200
Main	FIN SWIM 4 x 200 FREE Sets : 1st 10RI , 2nd 20RI , 3rd 40RI , 4th 40RI SWIM 8 x 25 BREAST – 2 Kicks , 1 Pull SWIM 100 BREAST SWIM 8 x 25 BACK – 3 Right Arm , 3 Left Arm SWIM 100 BACK	1600
Swim Down	SWIM 200 OWN CHOICE – Easy	1800