

<b>WEEK 11</b>	<b>GROUP 4</b>	<b>SUNDAY</b>
<b>Warm Up</b>	<b>SWIM 200 FORM on 30RI</b> <b>PULL 2 x 100 FREE on 30RI</b> <b>FIN KICK 4 x 50 FREE on 20RI</b>	<b>600</b>
<b>Main</b>	<b>SWIM 4 x 50 FREE on 20RI</b> <b>SWIM 2 x 100 FORM on 40RI</b> <b>SWIM 2 x 100 FREE on 40RI</b> <b>SWIM 4 x 50 FORM on 20RI</b> <b>FIN SWIM 4 x 25 FREE on 60 – SPRINT</b>	<b>1500</b>
<b>Swim Down</b>	<b>SWIM 200 OWN CHOICE</b>	<b>1700</b>