

WEEK 11	GROUP 4	WED.
Warm Up	SWIM 200 OWN CHOICE SWIM 2 x 100 FREE / BACK / FREE / BREAST	400
Main	SWIM 6 x 25 FREE on 10RI SWIM 4 x 50 FREE on 20RI SWIM 2 x 75 FREE on 40RI SWIM 2 x 100 FREE on 60RI SWIM 2 x 75 BACK or BREAST on 30RI SWIM 4 x 50 BACK or BREAST on 15RI SWIM 6 x 25 BACK or BREAST on 10RI	1600
Swim Down	SWIM 200 OWN CHOICE – Easy	1800