

WEEK 12	GROUP 4	MONDAY
Warm Up	SWIM 2 x 100 As 75 FREE / 25 FORM on 20RI FIN KICK 4 x 75 FREE / BACK / FREE on 20RI PULL 2 x 100 FREE or BACK on 20RI	700
Main	SWIM 150 FREE on 30RI SWIM 150 BROKEN IM on 30RI As 50 FREE / 50 BACK / 50 BREAST REPEAT 150's ANOTHER TIME (4 in Total) SWIM 4 x 50 FREE on 20RI	1500
Swim Down	SWIM 3 x 100 OWN CHOICE on 30RI – Easy	1800