

WEEK 12	GROUP 4	SUNDAY
Warm Up	SWIM 2 x 150 100 FREE / 50 FORM on 20RI FIN KICK 3 x 100 FREE on 20RI	600
Main	SWIM 100 FREE on 20RI SWIM 2 x 50 FORM on 20RI SWIM 100 IM on 20RI SWIM 2 x 25 FREE on 45 - SPRINT 60 Seconds Rest REPEAT SET ANOTHER TIME SWIM 4 x 50 FREE on 20RI - Easy	1500
Swim Down	SWIM 300 OWN CHOICE	1800