

WEEK 12	GROUP 4	WED.
Warm Up	<b>SWIM 100 OWN CHOICE on 20RI</b> <b>SWIM 2 x 75 (No Fly) IM on 20RI</b> <b>PULL 2 x 75 FREE on 20RI</b>	400
Main	<b>SWIM 100 FREE on 20RI</b> <b>SWIM 75 IM (No Fly) on 15RI</b> <b>SWIM 50 FORM on 15RI</b> <b>SWIM 25 FREE on 15RI</b> <b>60 Seconds Rest</b> <b>REPEAT SET ANOTHER 3 TIMES (4 in Total)</b>	1400
Swim Down	<b>SWIM 400 OWN CHOICE – Easy</b>	1800