

12 Days to Christmas Challenge

Christmas Cracker!!!

TOTAL: 100 lengths

Warm up:

8x length	FC
8x length	FC with pull buoy
8x length	Torpedo kick into FC

Build:

8x 50m	FC
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Main Set:

8x length	Bands & Paddles
8x length	FC no equipment
8x length	Bands, pull buoy & paddles
8x length	FC no equipment
8x length	Bands & Pull buoy
8x length	FC no equipment

4x length	Bands only
8x length	FC no equipment

Cool Down:

4x length	Breaststroke / back stroke
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