

Christmas Challenge 8

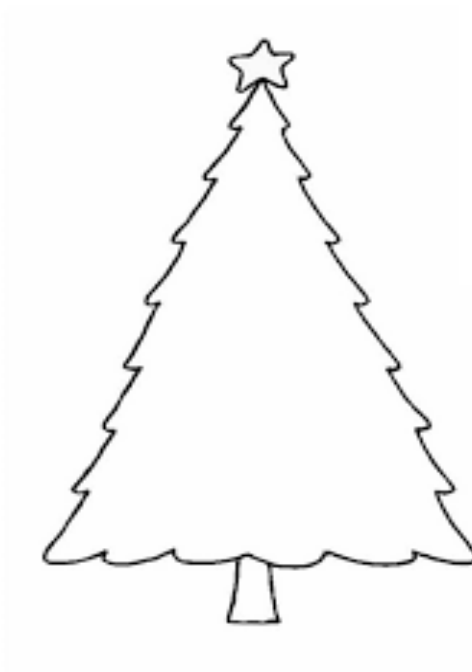
Total:102 lengths

2x length Kicking no fins

Pull buoy

1x 25m FAST	1x 25m Easy FC
2x 25m FAST	2x 25m Easy FC
3x 25m FAST	3x 25m Easy FC
4x 25m FAST	4x 25m Easy FC

6x Length
Choice of stroke



2x Length Kicking no fins

6x 50m FC
5x 50m FC
4x 50m FC
3x 50m FC
2x 50m FC

2x length Kicking no fins

1x 25m FAST	1x 25m Easy FC
2x 25m FAST	2x 25m Easy FC
3x 25m FAST	3x 25m Easy FC
4x 25m FAST	1x 25m Easy FC

2x length kicking no fins
4x 50m

1. 5m sprint into easy
2. 10m sprint into easy
3. 15m sprint into easy
4. 20m sprint into easy