

Christmas Challenge 4

Start Big!!! TOTAL: 160 lengths

Warm up:

200m FC

200m FC pull & paddles



Main Set:

600m FC

6x 100m FC with 25 sec rest

500m FC

5x 100m FC with 20 sec rest



400m FC

4x 100m FC with 15 sec rest

300m FC

3x 100m Fc with 10 sec rest



Cool Down:

100m Choice

- FC = Front Crawl