

Christmas Challenge 9

Christmas Joy!!

TOTAL: 126 Lengths

The 3 set workout

Part 1 – Pacing EASY

60 lengths

Pull buoy & Paddles - 4x100m with 30 seconds rest
FC - 250m (10 Lengths)

Pull buoy & Paddles - 3x100m with 30 seconds rest
FC Swim - 200m – 8 lengths

Pull buoy & Paddles - 2x100m with 30 seconds rest
FC Swim - 150m – 6 lengths

Part 2 - Getting Quicker and Longer, Hold On To Your Technique

50 lengths

Pull Buoy & Paddles - 2x200m with 20 seconds rest
FC Swim - 200m – 8 lengths

Pull Buoy & Paddles - 1x200m with 20 seconds rest
FC Swim - 150m – 6 lengths

Pull Buoy & Paddles - 1x200m with 20 sec
FC Swim - 100m – 4 lengths

Part 3 – Kill it – swim fast

16 lengths

Swim all as ODD with a pull buoy, EVEN repeats as FC Swim

- Set 1

4x50m with 10 seconds rest

- Set 2

2x50m with 10 seconds rest

- Set 3

2x50m with 10 seconds rest