

## Christmas Challenge 11

KICK START the festive season! TOTAL: 50 Lengths

Warm up:

- 100m Kicking with FINS
- 100m Front Crawl
- 100m PULL BUOY front crawl

Main set:

5x 50m

1. Streamline push off past the flags into FC
2. Deep water turns, turn at the T
3. Fast flip mid pool
4. Streamline push off to flags into 10x fast strokes.
5. See how far can swim under water into FC

2x 50m Kicking + Front crawl on 60sec (fins optional)

6x 25m FC sprints with 10 sec rest

4x 50m FC with 15 sec rest

6x 25m FC sprints with 10 sec rest

- Manage the rests

Cool down:

2x Length                      Choice