

## Christmas Challenge 2

How balanced are you? TOTAL: 82

Warm up:

150m FC breathe LEFT  
150m FC breathe RIGHT  
150m FC breathe every 3



100m PULL: FC breathe 3 + 5 + 7 + 3  
50m PULL: FC breathe 4 +6 LEFT side  
100m PULL: FC breathe 3 + 5 + 7 + 3  
50m PULL:FC breathe 4 +6 RIGHT side  
200m Pull & Paddles FC Breathe 3



100m FINS: Broken arrow + FC breathe 3  
100m FINS: Broken arrow + FC breathe 5  
100m FINS: Broken arrow + FC breathe 7  
100m FINS: Broken arrow + FC breathe 3  
200m FC & PADDLES Breathe 3

*Broken arrow: Kick on side, raise arm vertically, pause, bend the arm, spear into the water & rotate – repeat*

*If FINS not allowed kick on front or back and reduce lengths*

No Equipment :

100m FC breathe 3 + 5 + 7 + 3  
50m FC breathe 4+ 6 LEFT side  
100m FC breathe 3 + 5 + 7 + 3  
50m FC breathe 4 + 6 RIGHT side  
200m FC with paddles B3



Cool Down:

100m Choice of stroke