

12 Days to Christmas Challenge

Single hand paddle

Total: 72 length

4x 100m Front crawl alternating

- FC
- FC pull buoy

4x 100m Front crawl single paddle. Breathe to the opposite side of the hand paddle

- Left hand
- Right hand

Breathing Challenge

8x 50m breathe every 2 arm strokes 3,4,5

2x 100m Front crawl with fins

- If fins not allowed, swim without

4x 100m Front crawl single paddle

- Left hand
- Right hand